



Center for the Study of Aging

Idaho Commission on Aging Needs Assessment Survey Results

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Executive Summary

The Idaho Commission on Aging's statewide needs assessment was conducted to collect the opinions of those 50 and older to provide information for future planning for the long-term care needs of older Idahoans. The survey was sent to a random sample of adults, 50 years and older, who live in Idaho and own a telephone. The sample was drawn based on the proportion of those 50 and older in each county via the United States 2000 Census data. The survey was introduced with a postcard followed by the survey and a postage paid return envelope. Just over 27% of the 3,001 surveys mailed were returned with the survey form completed fully or in part.

The demographic characteristics were distributed evenly throughout the state. The majority of respondents were retired (54%), married (73%), and white (96%). Fifty-six percent of the respondents graduated from high school or had some college education. The distribution of gender varied only slightly from the population mix. The respondents were 44% male and 56% female while the 2000 U.S. Census reports the population over 50 in Idaho to be 47% male and 56% female. Most respondents (87%) live in a single family home (87%), own their residence (91%) and travel by car (96%).

Respondents provided information about their ability and desire to participate in various social activities, their ability to perform varying levels of physical activities and the ways they obtain information about services. In addition, respondents were asked about transportation options within their communities, the level of support they receive from family, friends or community members, and how they will pay for long-term care. The survey closed with an opportunity for respondents to share any other issues that might be of concern.

Key results derived from this study are:

- The oldest Idahoans have the greatest needs for assistance in finding transportation and performing the physical activities necessary to remain in their homes.
- Even with 81% of respondents indicating they have someone to call who lives within 10 miles, most do not receive a significant amount of help.
- Less than 20% of survey respondents have long-term care insurance and most believe they can use Medicare or private insurance to pay for long-term care.
- Almost 25% of respondents are caregivers for family or friends and 36% of those caregivers provide care for more than one person.
- Respondents are most concerned about the cost of medical care, health insurance and staying in their homes as they age.
- Most respondents, regardless of age, are not interested in using senior centers.
- Regionally, there are slight differences in transportation and homemaker service needs as well as information sources and interest in volunteerism or other activities.

Introduction

The purpose of this study was to investigate current and future long-term care needs of adults age 50 and older throughout Idaho. Individuals age 50 and older throughout Idaho were sent a survey asking them a range of questions about their needs, abilities, preferences and activities. This document is organized in sections to report the results.

First, the report begins with a description of the study and the study instrument. The sampling procedure is detailed as well as the data collection method and the analysis plan. Next, the report summarizes the return rate and the demographic information about the survey participants. Preferences and needs of the participants follow the description of the survey participants. These preferences are divided into seven categories: social activities, physical activities, sources of information, transportation, caregiving, assistance and support, and other concerns. Within each of these categories, results from each of the six Idaho Commission on Aging areas¹ are reported when: 1) there are significant differences, and 2) there are a sufficient number of respondents to produce reliable results and not compromise the confidentiality of respondents. The report ends with a summary of the results and implications for future planning and policy development.

Survey Instrument

The survey items and format were adapted from an existing needs assessment tool administered in 2005 by the Area Agencies on Aging in Idaho. Other questions were created based on the needs and interests of the Idaho Commission on Aging and needs assessment tools from other states. The survey was designed to collect basic demographic and socio-economic information, transportation uses and needs, sources of support and assistance, and potential caregiver responsibilities. Specific items included frequency of attendance at such services as senior centers, exercise and fitness classes, sporting events or religious services. In addition, respondents were asked how they find out about services, items that were needed but could not be afforded, and the activities they need help with or are able to perform for themselves. The survey form is reproduced in Appendix I.

Sampling

The Idaho Commission on Aging Needs Assessment Survey was sent to a random sample of 3,001 adults 50 years and older who lived in private residences in Idaho and had phone service. The sample was drawn based on the proportion of the population 50 and older within each county based on United States 2000 Census data. The percentage of men and women was equally split (50% men, 50% women). The list of names and addresses was purchased from Accudata America, an independent list broker. The sampling frame for this study was selected based on the six planning and service areas of the Idaho Commission on Aging.

Data Collection

Prior to contacting any persons in the sample, approval for the study was received from the Institutional Review Board (IRB), approval #199-08-083, of Boise State University, which is the federally mandated mechanism used to protect human subjects in research. The cover letter for the survey stated this research was approved by the IRB and provided phone and address

¹ The Idaho Commission on Aging service area map is included in Appendix A.

information for both the lead researcher of the Center for the Study of Aging and the IRB staff person who could be contacted with any questions.

The 3,001 people living in Idaho who were included in the sample received two mailings. First, an announcement postcard was mailed on May 30, 2008. On June 20, 2008, a survey booklet including a cover letter, the survey and a business return envelope was sent to each person. The announcement postcard is reproduced in Appendix J. No surveys were completed as phone interviews. No names or addresses were included on the surveys and the database with this information was maintained on a secure computer and was not merged with the survey response data. A study identification number was used to track completion during the time the survey was being fielded. Surveys were returned to the Center for the Study of Aging at Boise State University and envelopes were opened by Center staff.

Response Rates and Sample and Respondent Characteristics

Of the 3,001 surveys mailed, 822 or 27.4% were returned with the survey form completed in total or in part. Information on gender, estimated age and the mailing address were provided by Accudata on all sample members. This information from Accudata was used to produce Table 1 on the gender, age, and regional distribution of entire sample, the non-respondents and respondents. The respondents of the survey were extremely similar to the characteristics of the Idaho population. For example, the male/female response rates are only slightly different than the population mix. In the 2000 U.S. Census, 47% of the population age 50 and older in Idaho was male and 53% was female whereas the survey respondents were 43% male and 56% female. In addition, the regional breakdowns were almost identical to the Idaho population percentages by area. Areas I and V had identical response rates to the population percentage and Areas II and IV were only different by 1%.

Table 1. Demographic information of sample population, respondents and non-respondents

	Idaho Population over 50 years old (2000)	Sample Sent Survey N=3001	Respondents N=822	Non-Respondents N=2,179
Male 50+	47%	50%	43%	49%
Female 50+	53%	50%	56%	51%
Area I	16%	16%	16%	17%
Area II	9%	9%	10%	9%
Area III	38%	38%	35%	40%
Area IV	14%	14%	15%	13%
Area V	11%	11%	11%	1%
Area VI	11%	11%	13%	11%

Data Preparation and Analyses

Data entry was performed by Center for the Study of Aging staff. Data entry checks were conducted after data entry was completed. Prior to analyses, data were checked for out-of-range values, appropriate skip patterns and patterns of missing responses. All analyses were conducted by staff at the Center for the Study of Aging using the statistical software SPSS v.16.

Demographic Characteristics

The survey respondents were generally equally represented across all demographic categories including representation across the areas. Table 2 reports the survey participants' average age, standard deviation and range. Overall, the average age of respondents was 67 years old and participants ranged from 50-99 years old.

Table 2. Survey participant age

Average	Standard Deviation (sd)	Range
66.9	10.8	50-99

Table 3 further illustrates the demographic characteristics of the survey respondents. The vast majority of respondents have lived in their community for 20 years or more (64%). Most of the respondents can be described as retired (54%), married (73%), and white (96%) and describe their quality of life as very good or good (91%). Each income category had 10-14% of the sample except for the lowest (5%) and highest categories (22%). In addition, the income range from \$50,000-\$59,999 was only 8% of the population. Fifty-six percent of the respondents graduated from high school or had some college and 32% obtained a bachelor's degree or higher. In addition, the survey respondents rely heavily on private insurance (65%) in combination with Medicare (52%) for their health insurance. Only 9% of the respondents listed Medicaid as their health insurance.

Table 3. Demographic characteristics of survey respondents

	Characteristic (n=822)	n	%
Gender	Male	356	43.7
	Female	458	56.3
Quality of Life	Very Good	388	48.2
	Good	344	42.7
	Neither Good nor Bad	64	8.0
	Bad	6	0.7
	Very Bad	3	0.4
Household Income	Less than \$10, 000	34	4.6
	\$10,000 to \$19,999	110	14.9
	\$20,000 to \$29,999	115	15.6
	\$30,000 to \$39,999	92	12.5
	\$40,000 to \$49,999	88	11.9
	\$50,000 to \$59,999	57	7.7
	\$60,000 to \$74,999	82	11.1
	\$75,000 and over	159	21.6
Education	0-11 years, no diploma	51	6.2
	High School graduate/GED	183	22.4
	Some college/technical training	274	33.5
	Associate's degree	45	5.5
	Bachelor's degree	143	17.5
	Graduate/Professional degree	121	14.8
Employment	Retired	414	53.5
	Working part-time	65	8.4
	Working full-time	219	28.3
	Unemployed/looking for work	3	0.4
	Homemaker	38	4.9
	Disabled	24	3.1
	Other	11	1.4
Marital Status	Married	599	73.4
	Widowed	111	13.6
	Divorced	75	9.2
	Single	29	3.6
	Partnered	1	0.1
	Other	1	0.1
Race	White	452	96.2
	Black /African American	1	0.1
	Indian /Alaskan Native	10	1.2
	Hawaiian/Other Pacific Islander	1	0.1
	Other		
Ethnicity	Hispanic or Latino	12	1.5
		12	1.5
Years in Community	0-5		
	6-10	87	10.8
	11-15	71	8.8
	16-20	72	8.9
	20 or more	63	7.8
		513	63.6

Most respondents live in a single family home (87%) and own their home (91%) with just two people in the household. Seventy-two percent live with their spouse and 13% live with at least one child (Table 4).

Table 4. Household characteristics

Household Characteristics (n=822)		n	%
Ownership	Rent	52	6.4
	Own	744	91.3
Type of Home	Single family home	711	87.2
	Townhouse, condo, duplex or apartment	50	6.1
	Mobile home	36	4.4
	Assisted living residence	3	0.4
	Nursing home	0	0.0
	Subsidized housing	8	1.0
	Other	7	0.9
Residents	Spouse		
	Significant Other	595	72.4
	At least one child	8	1.0
	Child(ren) and his/her/their family	107	13.0
	Other relative(s)	14	1.7
	Unrelated adults/friends	14	1.7
	Grandchildren/great-grandchildren	7	0.9
Number of Residents	Other	11	1.3
	1 person	10	1.2
	2 people		
	3 people	195	24.1
	4 people	492	60.7
	5 or more people	70	8.6
		31	3.8
		22	2.7

Social Activities

Social activities provide a plethora of benefits that can sometimes be overlooked in planning for older adults. Engaging with others can enhance the well-being of older adults, thus, survey respondents were asked about their ability to and interest in participating in various types of social activities.

Most survey respondents are able to participate in social activities as often as they would like; yet, some participants indicated they are not interested in activities like attending senior centers. Table 5 illustrates the interest level as well as whether individuals are able to participate as often as they would like. Most respondents are able to go on medical or pharmacy visits (81%), go shopping (76%) or attend religious or worship services (65%) as often as they would like. The activities where respondents indicated they are not able to participate as often as they like include: exercise or fitness (20%), degree and non-degree courses (15%), and volunteer work (13%). Respondents also do not get to go to parks (12%) and participate in community events (12%) or family activities (11%) as often as they would like.

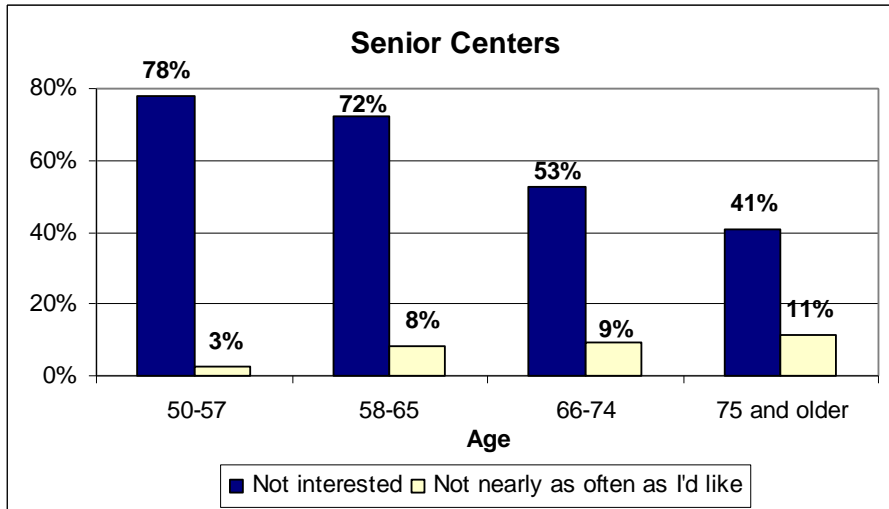
Table 5. Social activity participation

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
Community Events/ Social Clubs	44.5%	14.4%	12.2%	28.9%
Degree/non-degree courses	22.0%	4.6%	14.8%	58.6%
Exercise and Fitness /Workouts/Activities	42.0%	10.0%	19.9%	28.1%
Family Activities	67.8%	15.7%	10.8%	5.7%
Library/Internet	61.9%	11.9%	8.3%	18.0%
Medical and pharmacy visits	81.2%	11.2%	2.8%	4.7%
Parks	59.2%	14.7%	11.6%	14.5%
Religion/worship	65.1%	6.8%	5.4%	22.6%
Senior centers	26.7%	4.0%	7.8%	61.4%
Shopping	76.0%	14.2%	5.1%	4.7%
Sporting events	50.3%	10.8%	8.4%	30.4%
Volunteer work	47.6%	9.4%	13.3%	29.7%
Working for pay	44.6%	6.0%	6.6%	42.8%

Two areas are notable because over half of survey respondents are not interested: taking degree and non-degree courses and going to senior centers. Fifty-nine percent of survey respondents are not interested in degree and non-degree courses and 61% are not interested in going to a senior center. Also, 43% of respondents are not interested in working for pay or they are doing it as often as they would like (45%). Even though less than 1% of respondents are unemployed and looking for work, 23% indicated they would need retraining if they were to look for employment.

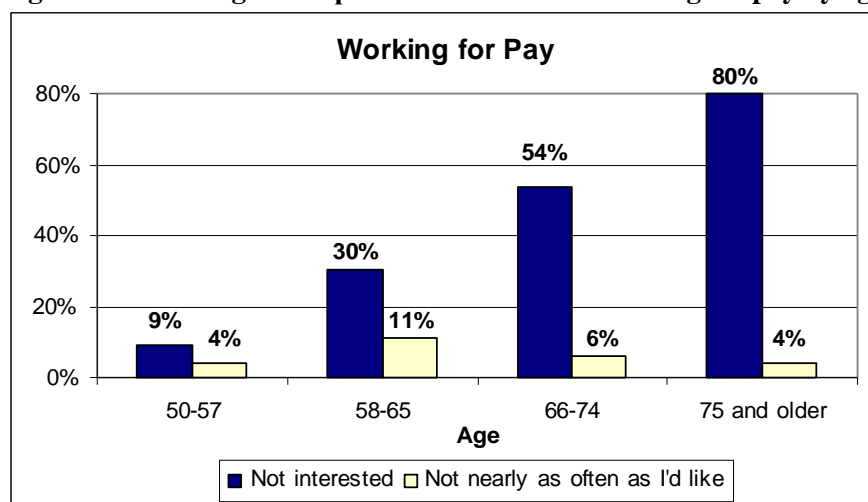
Interest in senior centers is very different by age group (Figure 1). The vast majority of 50-57 year olds (78%) are not interested in using senior centers followed closely by 58-65 years olds (72%). Yet, of the age group that has a higher interest in going to a senior center, those age 75 and older, only 11% do not get to go as often as they would like.

Figure 1. Percentage of respondents' interest in attending a senior center by age



As might be expected, the percentage of individuals who are not interested in working for pay increases dramatically by age (Figure 2). On the top end, 80% of respondents age 75 and older are not interested in working for pay compared to 9% of those 50-57 years old. Conversely, the highest percentage of individuals who are not working for pay nearly as often as they would like is within the 58-65 year old group (11%).

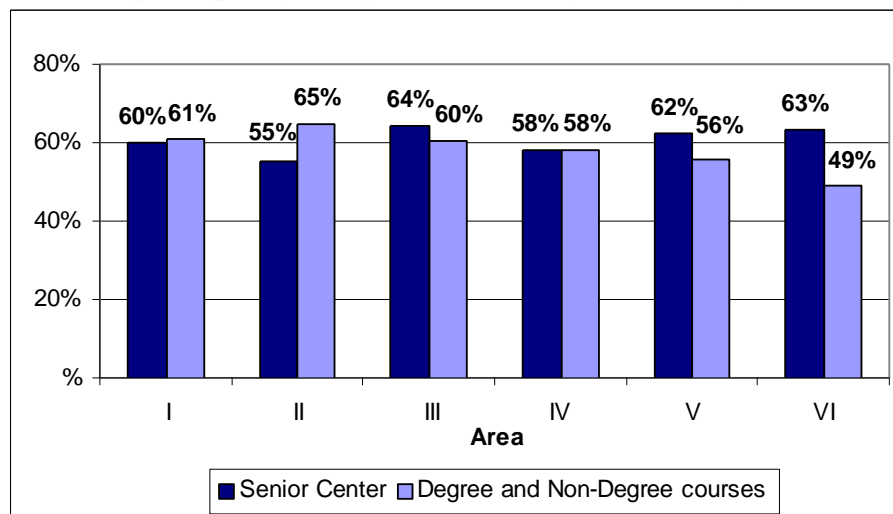
Figure 2. Percentage of respondents' interest in working for pay by age



Regional Results

There are very few differences across areas compared to the overall data in terms of whether individuals are able to participate in social activities as often, almost as often or not as often as they would like. All areas indicate a lack of interest in senior centers and degree and non-degree courses. However, Areas II and IV have a greater percentage of individuals who either currently

Figure 3. Percentage of respondents not interested in attending senior centers or participating in degree and non-degree courses by area



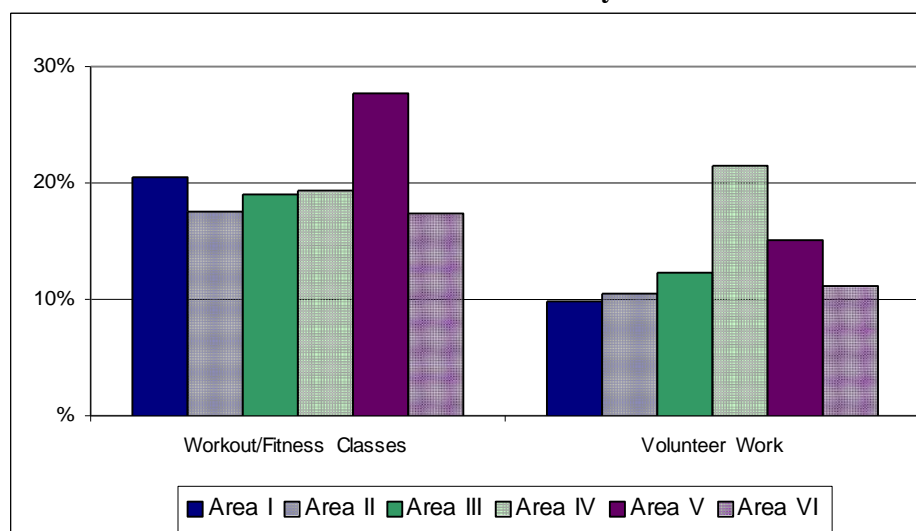
attend senior centers or who would like to attend more

Area VI has a greater percentage of people who are

like to participate in degree and non-degree courses than the other areas (Figure 3).

Overall, 20% of participants did not get to exercise and 13% did not get to do volunteer work as much as they would like. Area V had 8% more individuals (28%) who do not get to exercise or workout as much as they would like and Area IV had 8% more individuals (21%) who do not participate in volunteer work as much as they would like. Figure 4 illustrates the differences among areas for exercise and volunteer work.

Figure 4. Percentage of respondents by area who do not participate in exercise/fitness or volunteer work as often as they'd like



Physical Activity

In order for older adults to remain independent, they must be able to perform a variety of physical tasks. These tasks can include Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). ADLs include basic personal care activities such as eating, walking and bathing. IADLs include more complex activities such as managing finances, home care and grocery shopping.

Most of the survey respondents are able to complete ADLs and IADLs without any help from others (Table 6). However, there are certain activities, particularly activities that require physical exertion, where respondents indicated more help is needed. For example, 24% of survey respondents indicated they need some help with heavy housework like moving furniture or washing windows and 12% indicated they cannot complete these at all. Additionally, 34% need some help doing interior or exterior repairs and 25% need some help doing yard work and shoveling snow. Roughly 13% cannot complete any of these activities at all.

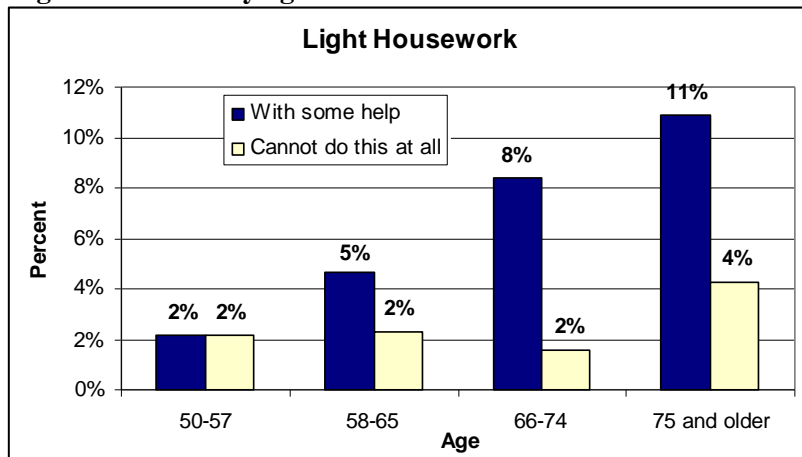
Table 6. Ability of respondents to perform various activities

Activity	Without any help		With some help		Cannot do this at all	
	n	%	n	%	n	%
Prepare own meals	775	95.1	32	3.9	8	1.0
Shop for personal items	763	93.7	43	5.3	8	1.0
Manage own medications	776	96.3	26	3.2	4	0.5
Manage own money	768	94.5	41	5.0	4	0.5
Use a telephone	790	97.7	16	2.0	3	0.4
Do light housework like dusting or vacuuming	738	90.6	53	6.5	24	2.9
Do heavy housework like moving furniture or washing windows	518	63.9	196	24.2	97	12.0
Do interior or exterior repairs	415	51.0	280	34.4	118	14.5
Do yard work and snow shoveling	502	61.8	202	24.9	108	13.3
Walk	738	90.8	61	7.5	14	1.7
Eat	805	99.0	8	1.0	0	0
Dress self	805	98.4	12	1.5	1	0.1
Bathe	801	98.0	12	1.5	4	0.5
Use the toilet	811	99.1	6	0.7	1	0.1
Get in and out of bed	807	98.8	10	1.2	0	0
Respond to emergencies	746	92.3	55	6.8	7	0.9

The need for assistance or inability to perform certain activities is greatest for the oldest survey respondents. Light and heavy housework, interior or exterior repairs, yard work, shoveling snow and walking present increasing challenges for each age group. Figures 5 through 9 illustrate the percentage of individuals by age group who can perform a particular activity with some help or cannot perform the activity at all.

Eleven percent of respondents age 75 and older need some help with light housework compared to 8% of 66-74 year olds and 2% of 50-57 year olds. Four percent of respondents age 75 and older cannot perform light housework at all (Figure 5).

Figure 5. Respondents' level of help needed to perform light housework by age



Even more survey respondents age 75 and older (36%) need some help with heavy housework compared to 13% of individuals age 50-57. In addition, 23% of those 75 and older cannot manage heavy housework like moving furniture or washing windows at all compared to only 4% of 50-57 year olds (Figure 6).

Figure 6. Respondents' level of help needed to perform heavy housework by age

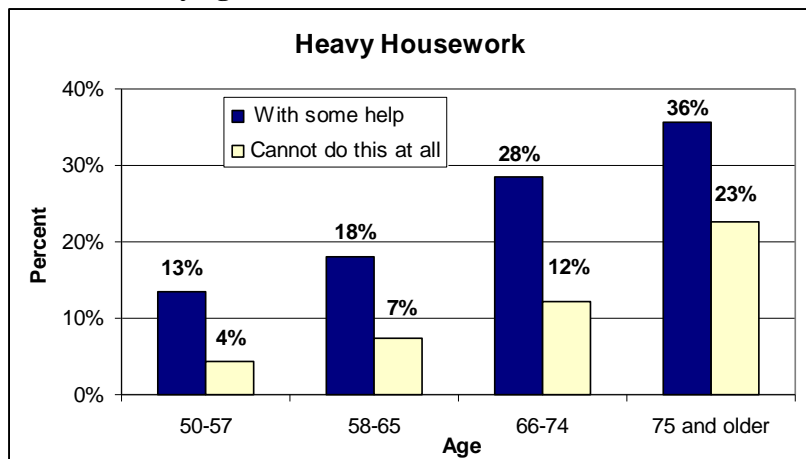
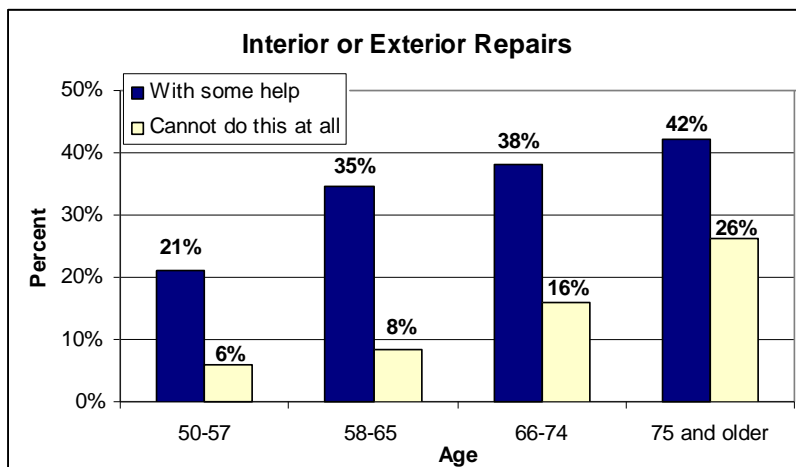
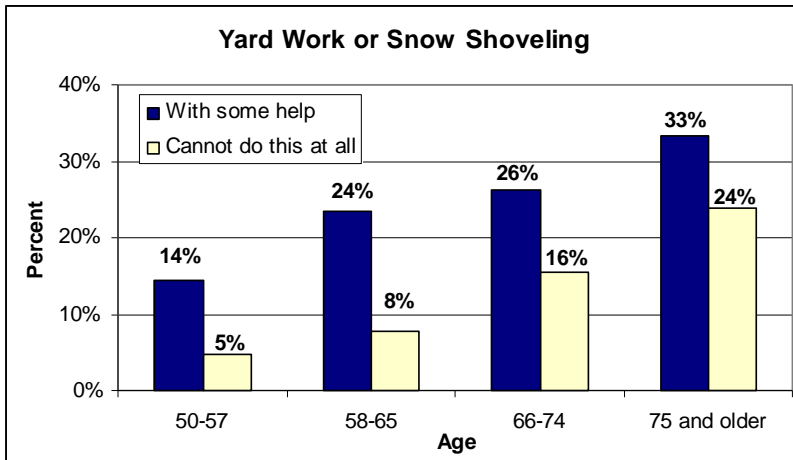


Figure 7. Respondents' level of help needed to perform interior or exterior repairs by age



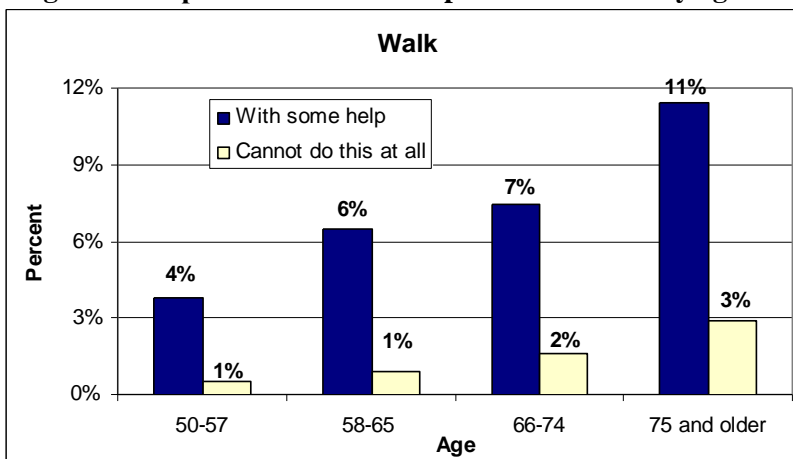
Performing interior and exterior repairs not only presents difficulties for the oldest group, but also for the 58-65 and 66-74 year old groups (Figure 7). Forty-two percent of individuals age 75 and older need some help with interior and exterior repairs compared to 38% and 35% for the 66-74 and 58-65 year old groups, respectively. Again, 26% of age 75 and older survey respondents cannot manage interior or exterior repairs at all.

Figure 8. Respondents' level of help needed to do yard work or shovel snow by age



Physical work such as yard work or shoveling snow also presents increasing difficulties for the older groups (Figure 8). Twenty-four percent of those age 75 and older and 16% of age 66-74 year olds cannot handle any yard work or snow shoveling at all. A third (33%) of respondents age 75 and older and another 50% of respondents age 58-74 can perform those activities only with some help.

Figure 9. Respondents' level of help needed to walk by age



The percentage of respondents who need help walking also increases for each age group (Figure 9). Only 4% of 50-57 year olds need some help with walking compared to 11% of respondents 75 and older.

Regional Results

For most activities, the area results were similar to the overall results. There are some slight differences in ability to complete light and heavy housework and managing medications.

Respondents in Area IV have the greatest need for help with light and heavy housework. Nine percent of respondents in Area IV can only perform light housework like dusting and vacuuming with some help and 37% in that same area need help with heavy housework like moving furniture or washing windows.

Area III and Area I have the next highest percentage of respondents who need for help with light housework at 8% and 6%, respectively. Seven percent of Area V respondents cannot manage light housework at all followed by 5% in Area II (Figure 10). Fourteen percent of Area I respondents said they cannot manage heavy housework at all; the highest of all areas. Similarly, 13% of respondents in Areas V and III and 12% in Area II cannot perform heavy housework at all (Figure 11).

Figure 10. Percentage of respondents by area who need help with light housework

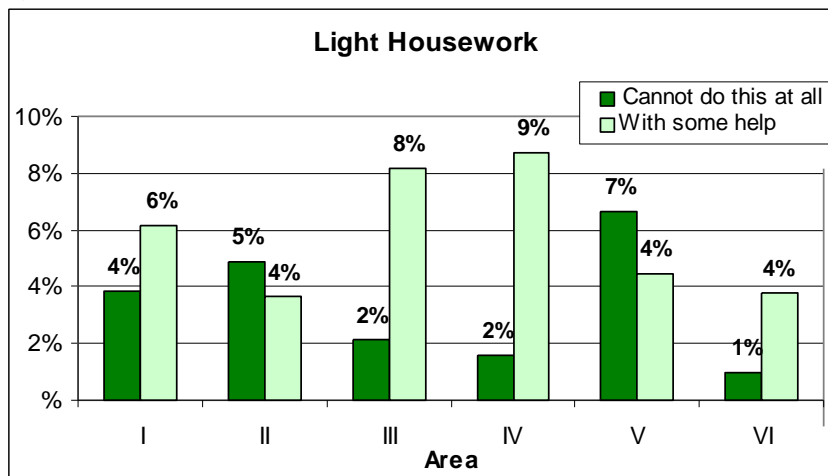
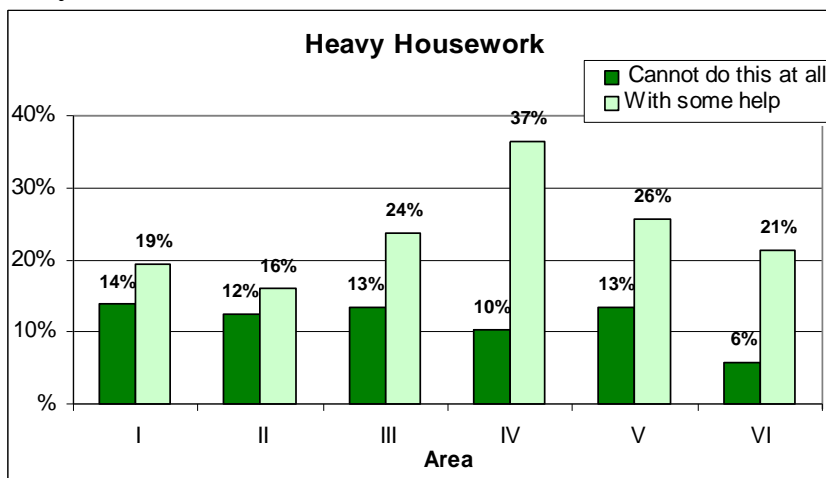


Figure 11. Percentage of respondents by area who need help with heavy housework



For the most part, respondents are able to manage their medications well, but respondents in Area V have a higher need for assistance than other areas. Seven percent of respondents in Area V need some help managing their medications and 2% cannot manage their medications at all.

Sources of Information

A key part of service delivery is knowing how to get information to the individuals you are trying to serve. In Idaho, respondents age 50 and older primarily use a newspaper to get information about available services and activities. Sixty-seven percent of respondents indicate they frequently use a newspaper to get information about services and activities. Another 25% sometimes use this medium. The next most frequently used sources were television (58%), word of mouth (46%) and the Internet (46%). Overall, 48% of respondents indicated they never use the library and 45% never use senior publications as a source of information for services or activities (Table 7).

Table 7. Frequency of use of information sources for services or activities

	Frequently	Sometimes	Never
Newspaper	67.1%	25.3%	7.7%
Radio	35.8%	40.7%	23.4%
Television	58.4%	32.4%	9.2%
Library	13.6%	38.1%	48.3%
Internet	46.0%	26.3%	27.6%
Word of mouth	46.0%	47.9%	6.2%
Senior publications	16.5%	38.3%	45.1%

Across all age groups newspapers remain the most frequently used source of information for services and activities. However, there are interesting differences between the age groups. For instance, respondents age 50-57 are much more likely to use the Internet (59%) as a source than respondents age 66-74 (43%) and respondents age 75 and older (29%). Library use is also higher for the older groups; 16% of respondents age 66-74 and 19% of respondents age 75 and older use the library as a frequent source of information for services and activities. The radio is an important source of information, though younger groups more frequently use the radio than older groups. Respondents age 75 and older are more likely (53%) to use advice from friends or family (word of mouth) as a source of information about services and activities than the other three age groups (Figures 12-15).

Figure 12. Respondents age 50-57 frequently used information sources

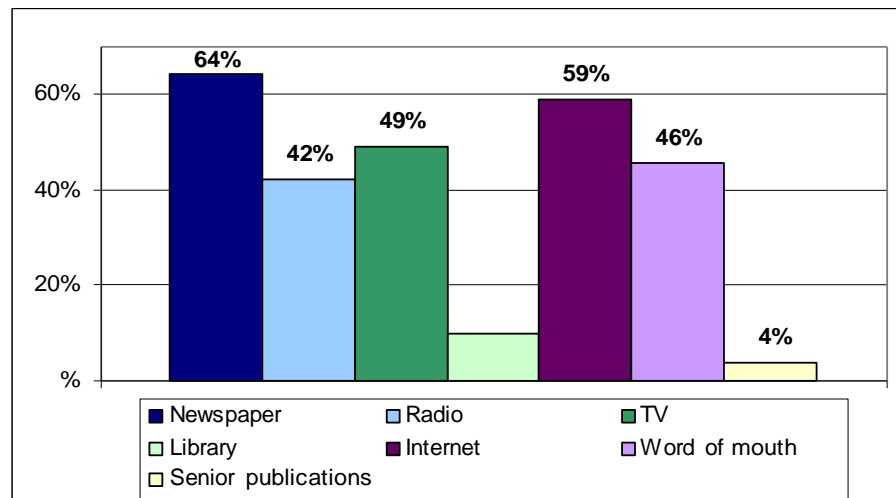


Figure 14. Respondents age 66-74 frequently used sources of information

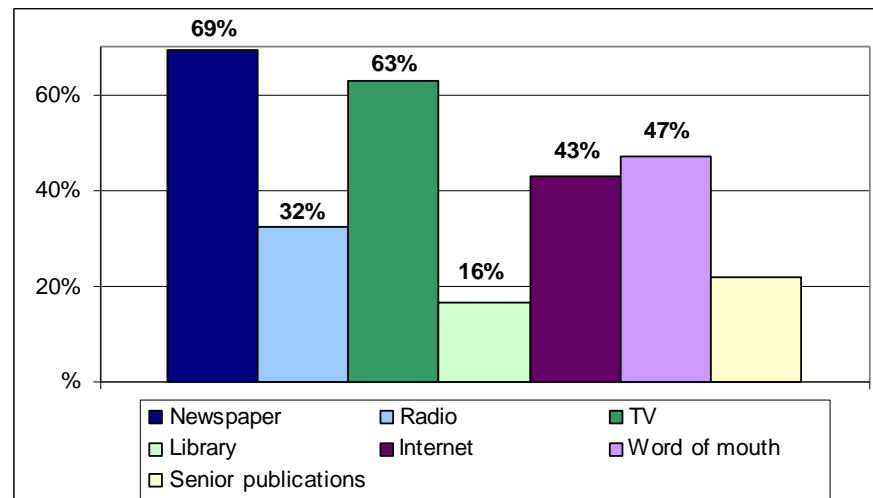


Figure 13. Respondents age 58-65 frequently used information sources

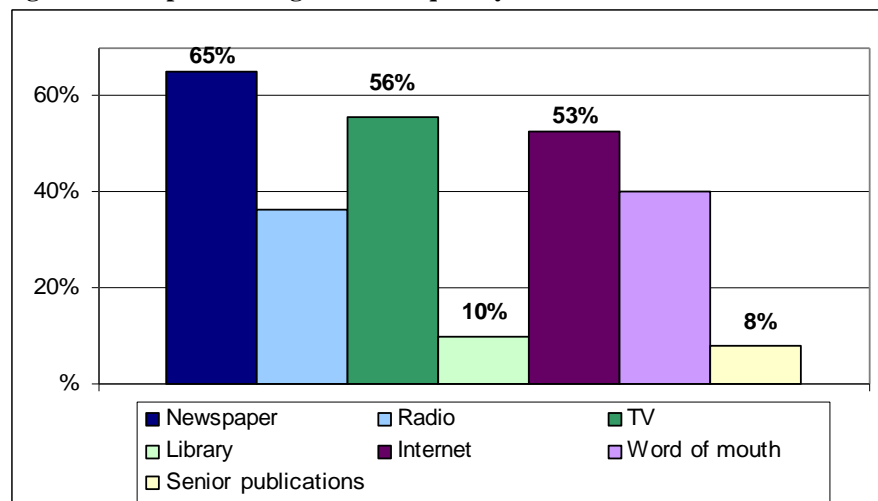
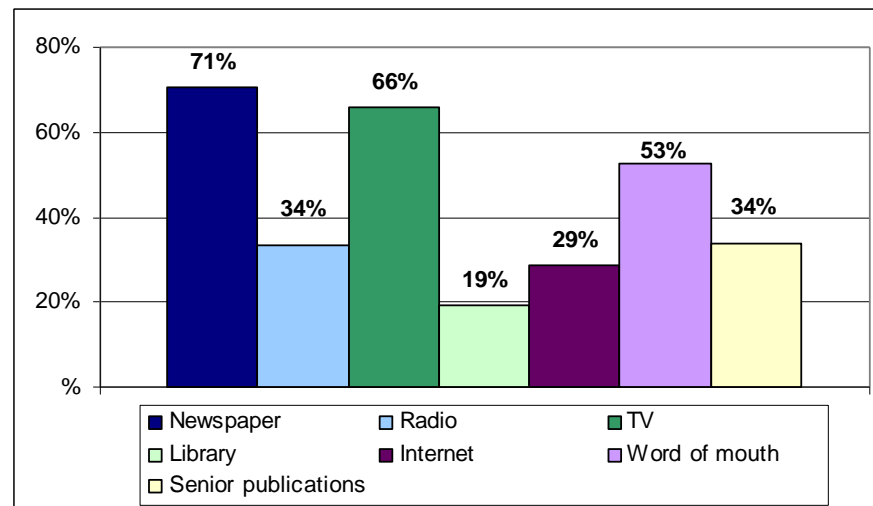
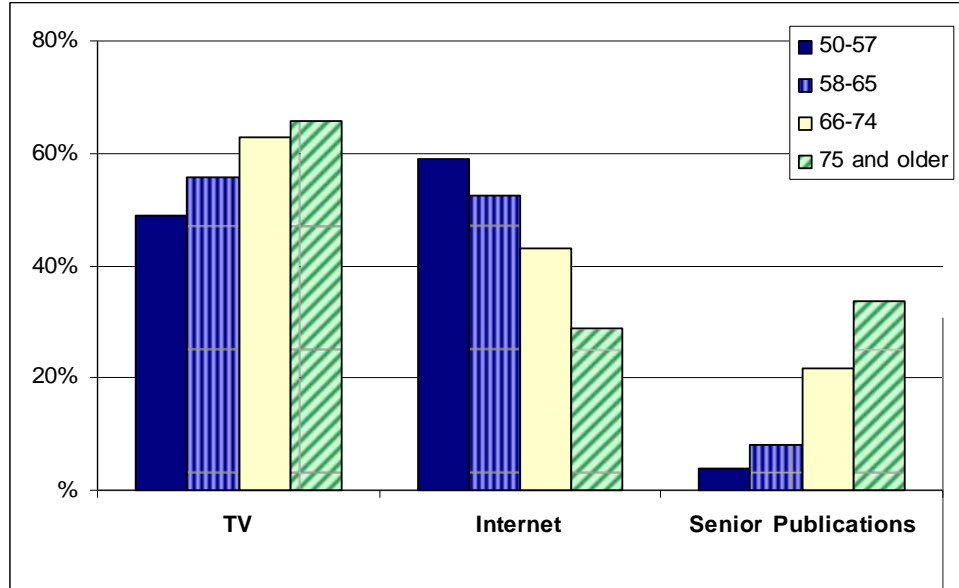


Figure 15. Respondents age 75+ frequently used information sources



The most dramatic differences between age groups and the information sources they use frequently are among TV, Internet and senior publication use. Figure 16 shows the use of senior publications and TV as a source of information increases as the age of the respondents'

Figure 16. Frequent use of TV, Internet and senior publications for service information by age

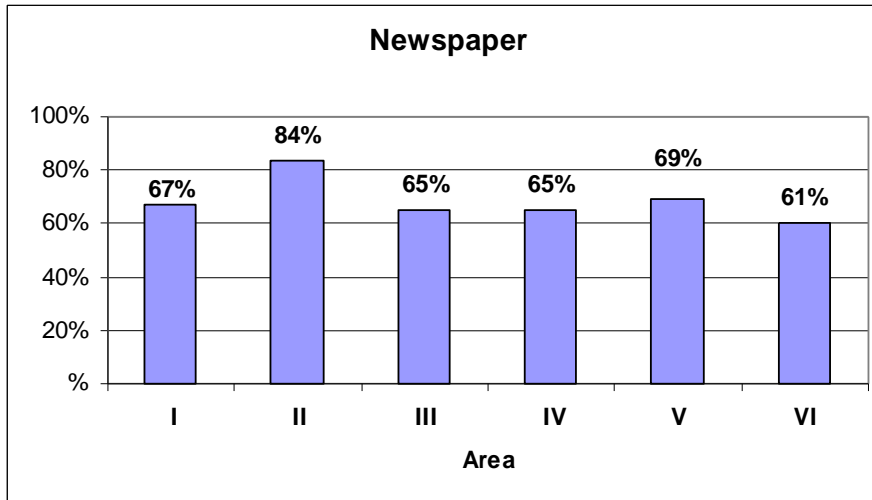


increases. The percentage of respondents using the Internet as a frequent source of information for services decreases with the increasing age of respondents.

Regional Results

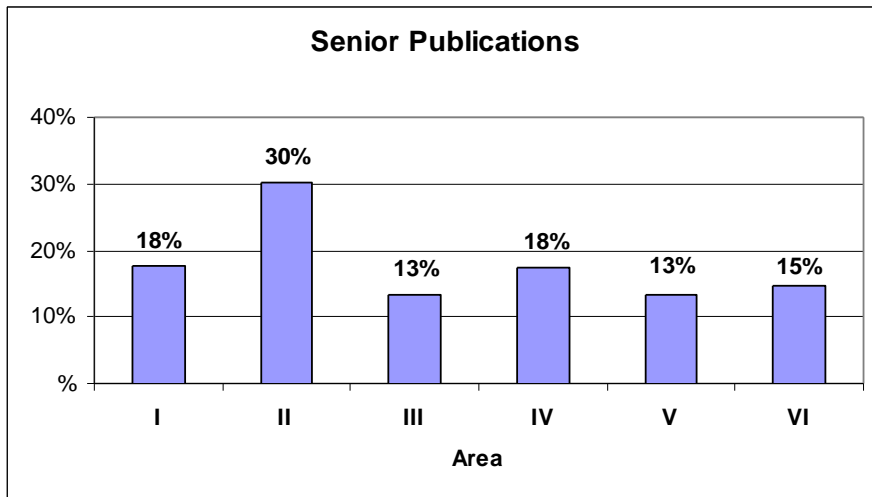
Regionally, survey respondents were consistent with the type of sources they use most frequently to find information about services or activities. Newspapers remain the most frequently used

Figure 17. Frequent use of newspaper for information about services by area



source in all areas (Figure 17). Area II respondents use the newspaper as a source of information about services and activities the most often (84%) of any area.

Figure 18. Frequent use of senior publications for information about services by area

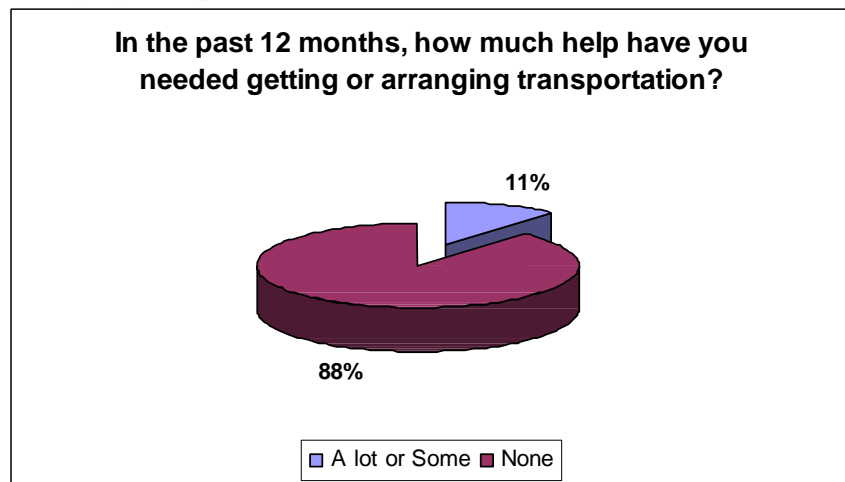


Senior publications and libraries remain the least used source among all areas. Area II has the most frequent use of senior publications at 30% compared to Area III and V where only 13% of respondents frequently use senior publications (Figure 18).

Transportation

Access to transportation is often reported as a major problem for seniors in western states like Idaho where distances to medical facilities or locations where seniors might receive services can be more than 100 miles away. However, 88% of survey respondents indicated they have not needed any help getting or arranging transportation (Figure 19).

Figure 19. Percentage of individuals who need help getting or arranging transportation



Survey respondents overwhelmingly (96%) drive or ride in a car for most of their trips. Less than 1% walk, use public transportation, or take a senior van, shuttle, minibus, or taxi. Yet, when individuals have trouble getting transportation, the most common reasons are: having to rely on others (15%), weather (13%), having a car that does not work or other problems with a vehicle (10%), and transportation options that do not go where the individual needs to go (8%) (Table 8).

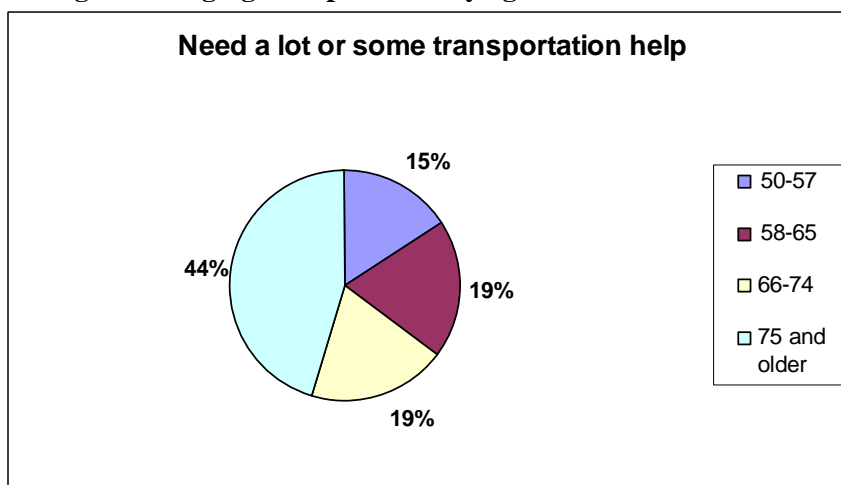
Table 8. Reasons for difficulties in finding or arranging transportation

Reasons for Difficulty	n	%
Have to rely on other(s)	121	14.7
Not available when I need to go	46	5.6
Can't afford it	59	7.2
Not available in my community	51	6.2
Have trouble getting around without someone to help	26	3.2
Unfamiliar with transportation options or systems	45	5.5
Car doesn't work/problems with vehicle	78	9.5
Don't know who to call	23	2.8
Too far/Distance related	33	4.0
Weather	109	13.3
Transportation does not go where I need to go	64	7.8
Disability/health related reasons	44	5.4
Other	33	4.0

Of those individuals who indicated they need a lot or some help getting or arranging transportation, almost half (44%) are age 75 and older. Figure 20 illustrates how the need remains fairly stable among ages 50-74 but doubles for the oldest group.

Respondents with lower household income levels also have increasing difficulty in finding or arranging transportation. Figure 21 shows that as respondents' household income increases, their

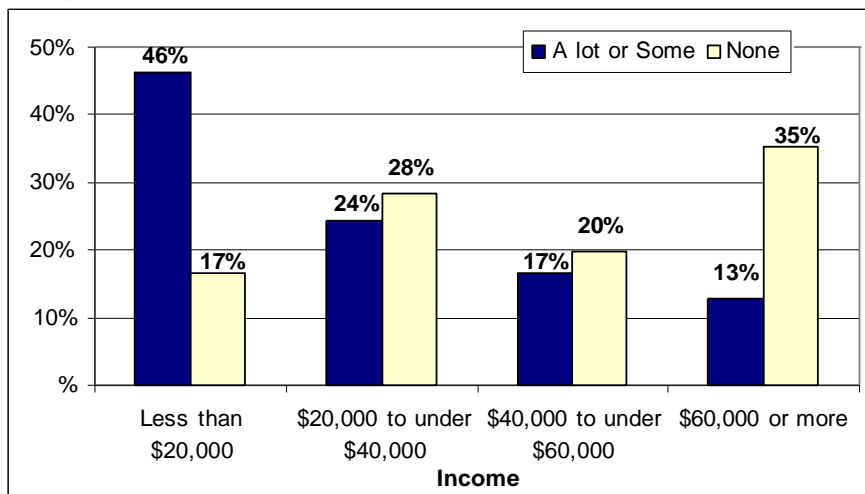
Figure 20. Percentage of individuals who need a lot or some help finding or arranging transportation by age



need for help in finding transportation decreases. Almost half (46%) of the people who needed a lot or some help in finding or arranging transportation in the past 12 months have a household income less than \$20,000 per year. Conversely, only 13% of those with a household income of \$60,000 or more needed a lot or some help.

Arranging transportation for specific trips highlights how it can be more problematic. Over 10% of survey respondents either frequently or sometimes have trouble arranging transportation for medical trips. Additionally, 9% and 8% have frequently or sometimes had trouble arranging

Figure 21. Comparison of percentage of respondents' ease in getting transportation within the last 12 months by income level

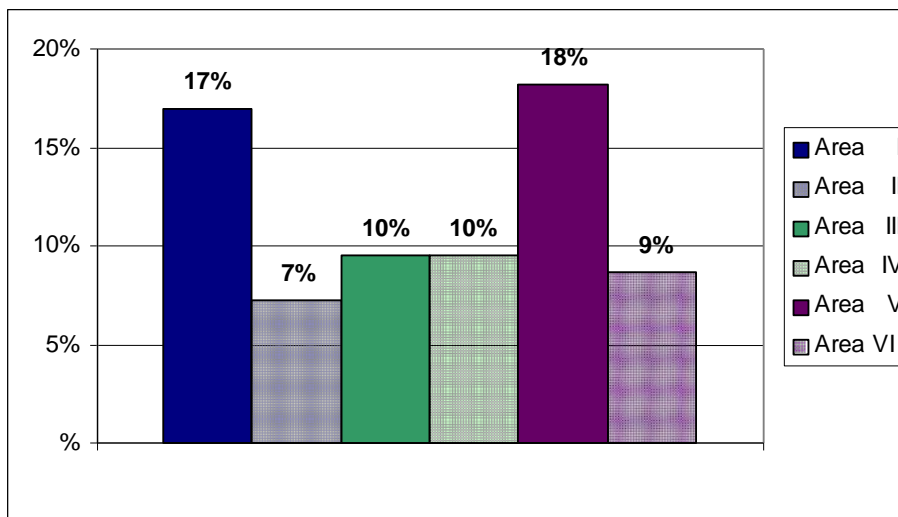


transportation for shopping or personal errands, respectively. Transportation difficulties can also hinder the ability for seniors to be social. Eleven percent noted they frequently or sometimes have difficulty arranging transportation for recreation or social trips.

Regional Results

Areas I and V have a higher percentage of individuals who indicated they have needed help getting or arranging transportation in the past 12 months. In Area V, 18% of respondents indicated they need help and 17% in Area I indicated a need. The remaining four areas have

Figure 22. Percentage of respondents by area who needed help getting or arranging transportation



consistently lower rates hovering around 10% each (Figure 22).

However, respondents across all areas have similar difficulty finding transportation for specific activities such as medical trips, shopping, personal errands or recreational or social trips.

The greatest difference between respondents in different areas becomes more apparent when they note the reasons why they have difficulty finding or arranging transportation. Table 9 illustrates the reasons by area. All areas, except Area III, consider weather to be one of the top reasons for difficulty with transportation. Only 6% of Area III respondents noted weather as a reason compared to 21% in Area IV and 20% in Area V. For those areas that have the greatest percentage of people with difficulty finding or arranging transportation (Areas I and V), the top issue, outside of weather concerns, was “having to rely on others” for transportation. Twenty percent of respondents in Area V and 18% of respondents in Area I have to rely on others for transportation. In addition, 11% of respondents in Area V cannot afford transportation and 13% do not have a car that works.

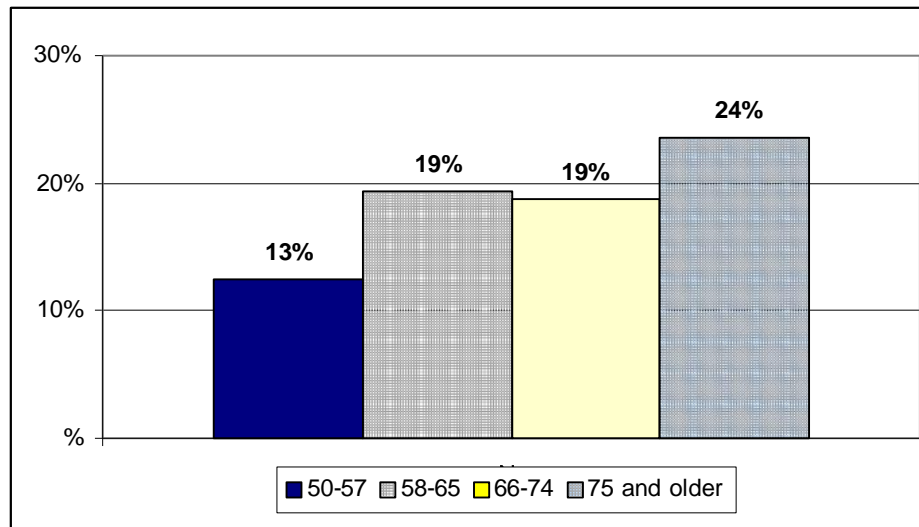
Table 9. Reasons for difficulties in finding or arranging transportation by area

	Area					
	I	II	III	IV	V	VI
Have to rely on other(s)	18.3%	9.6%	14.6%	12.7%	20.0%	12.4%
Not available when I need to go	6.1%	3.6%	7.0%	6.3%	5.6%	1.9%
Can't afford it	9.2%	4.8%	4.5%	10.3%	11.1%	6.7%
Not available in my community	6.1%	7.2%	5.6%	5.6%	6.7%	7.6%
Have trouble getting around without someone to help	0.8%	4.8%	3.5%	2.4%	6.7%	1.9%
Unfamiliar with transportation options or systems	4.6%	2.4%	7.0%	7.1%	3.3%	4.8%
Car doesn't work/problems with vehicle	5.3%	12.0%	9.1%	9.5%	13.3%	10.5%
Don't know who to call	3.8%	0.0%	2.8%	4.0%	3.3%	1.9%
Too far/Distance related	4.6%	3.6%	4.9%	4.0%	2.2%	2.9%
Weather	16.8%	15.7%	5.9%	20.6%	20.0%	12.4%
Transportation doesn't go where I need to go	9.2%	2.4%	10.8%	4.8%	6.7%	6.7%
Disability/health related reasons	5.3%	6.0%	4.9%	3.2%	7.8%	6.7%
Other	3.8%	2.4%	3.5%	4.8%	5.6%	4.8%

Long-Term Care Insurance Plans

The majority (81%) of survey respondents do not have long-term care insurance. Most individuals (52%) noted they plan to pay for long-term care with Medicare. Additionally, 16% plan to use Medicaid, and 34% will pay for their needs in other ways such as personal assets of cash, savings or personal annuities. Seven percent of respondents responded that they will rely upon their private insurance or veteran's benefits and another 6% simply do not know how they will pay for long-term care.

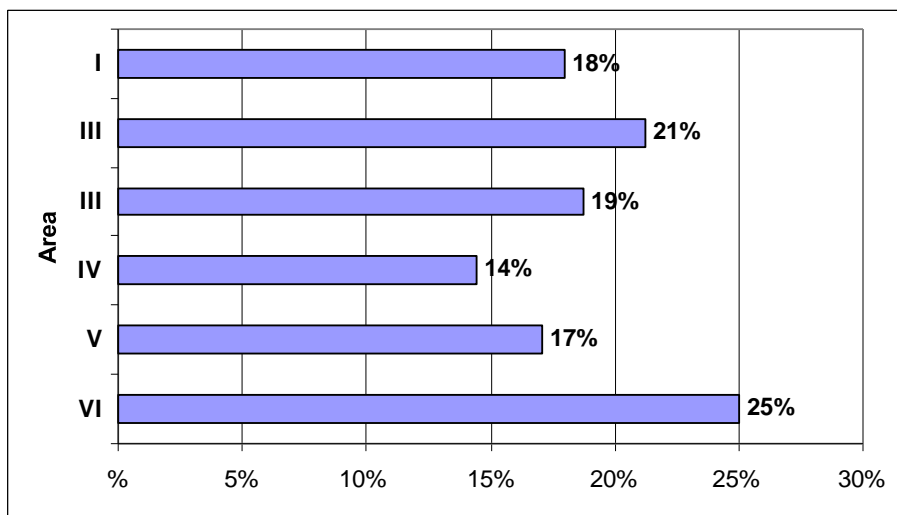
Figure 23. Percentage of respondents by age who have long-term care insurance



Not surprisingly, fewer respondents age 50-57 have long-term care insurance than those age 75 and older (Figure 23). Still, over 75% of respondents age 75 and older do not have long-term care insurance.

Regional Results

Figure 24. Percentage of respondents by area who have long-term care insurance

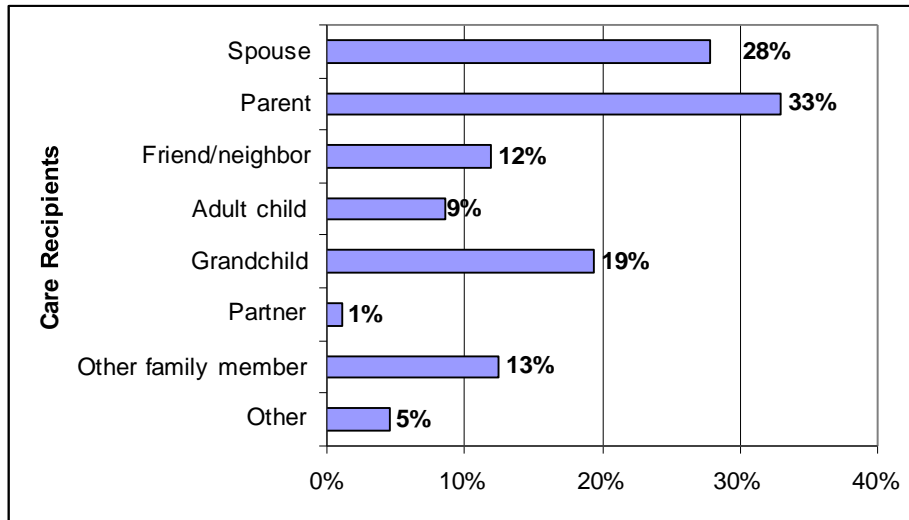


Respondents with long-term care insurance were evenly spread across areas (Figure 24). Respondents in Area VI have the highest rate of obtaining long-term care insurance (25%) and Area IV has the lowest rate (14%)

Caregiving

Among survey respondents, 24% (n=187) indicated they provide care for at least one friend or family member on a regular basis. Of those who provide care for friends or family members, 64% provide care for one person, 21% for two people and 15% for three or more people.

Figure 25. Types of care recipients



One-third (33%) of the caregivers in the sample are taking care of a parent and nearly another third (28%) are taking care of their spouse. In addition, 19% are taking care of a grandchild (Figure 25). Five percent (5%) of these caregivers are taking care of both their spouse and a grandchild.

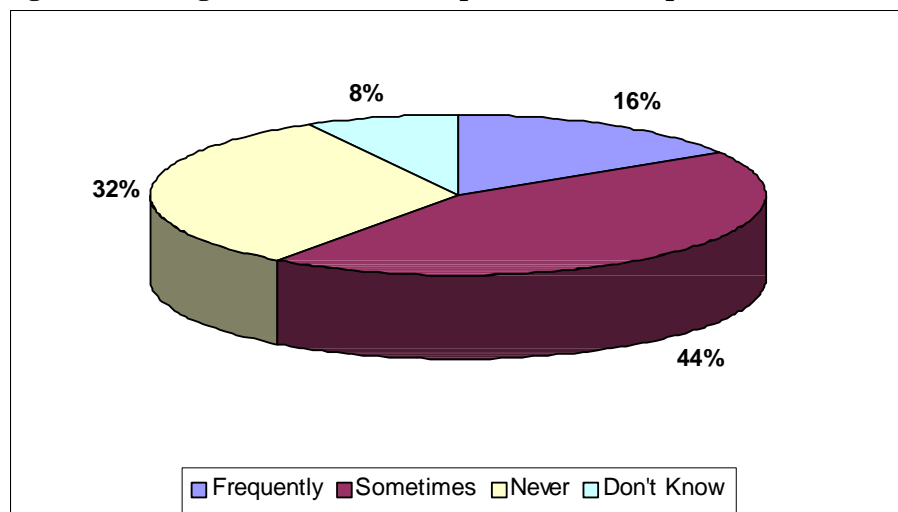
Table 10. Average number of hours of care by care recipient

Care Recipient	Average number of hours per week
Spouse	62
Parent	14
Friend/neighbor	5
Adult child	21
Grandchild	35
Partner	20
Other family member	25
Other	12

Caregivers who provide care for family and friends spend a great deal of time providing care. The average number of hours per week is illustrated in Table 10. The greatest average (62 hours) is for spousal caregiving, followed by caring for a grandchild (35 hours) and another family member (25 hours). Almost a quarter (21%) of spousal caregivers indicated they provide care 24 hours a day meaning they care for their spouse essentially all the time.

Forty-one percent of caregivers are providing care without any help from friends or family members and on average, spend \$285 per month of their own money to provide care. Over half (54%) of caregivers are not aware of services in their community that could help them provide care. Of those who are aware of available services, the services they know about include home health care and home-delivered meals. Few were aware of respite and transportation options.

Figure 26. Caregiver rate of stress experienced in the past two months



Eighteen percent of respondents who are caregivers said they

less help than they need. For those respondents who share caregiving responsibilities, they share duties with other

as taking turns providing transportation to appointments, cooking meals, and overseeing

finances. Often other family members will take care of the yard work or home repairs. Sixty percent of caregivers noted they are frequently or sometimes stressed by their caregiving responsibilities (Figure 26).

Caregivers noted numerous types of support that would help them in their caregiving role (Table 11). The greatest need is for services such as adult day services, supervision, benefits and transportation (20%) followed by financial support (13%) and respite (12%). Help in terms of organized support groups has the lowest interest (6%); yet, receiving formal advice or emotional support from professionals such as a therapist, counselor, psychologist or doctor received greater interest (12%).

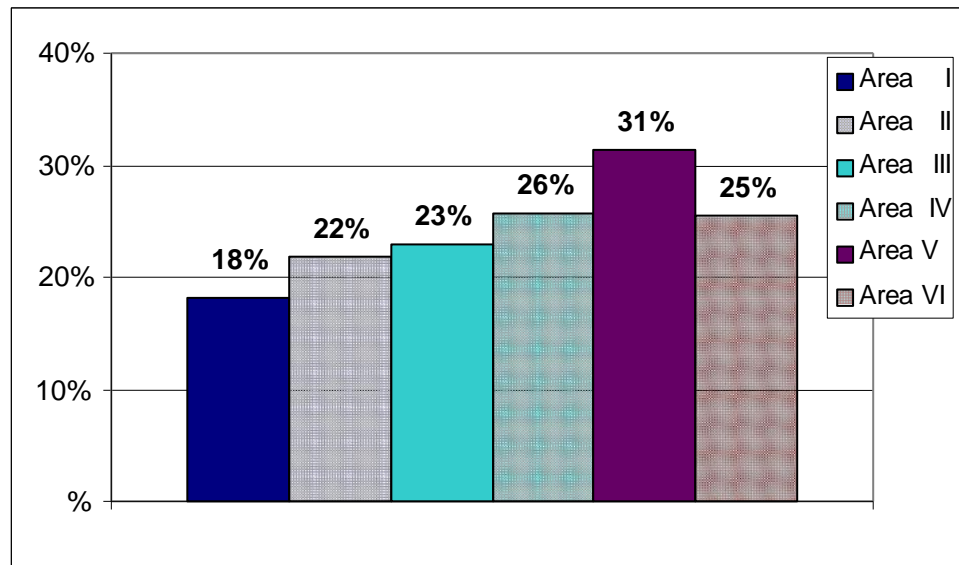
Table 11. Type of help caregivers could use in caregiving

Type of Help	%
Financial support	12.8%
Organized support groups	5.9%
Formal advice or emotional support (from a therapist, counselor, psychologist, or doctors) on issues such as caring for grandchildren and other caregiving issues	11.8%
Services such as adult day services, supervision, benefits, transportation	20.3%
Communication tips for people with reduced mental function (i.e. dementia, Alzheimer's)	10.7%
Physical care information (lifting, diapering, transporting, cleaning for an ill person)	7.0%
Respite (services that allow me to have free time for myself)	12.3%
Legal Assistance	9.6%
Equipment (such as assistive devices, ramps, rails, etc.)	11.2%

Regional Results²

The distribution of caregivers is relatively similar across the areas (Figure 27). Area V has a slightly higher percentage of respondents who identified themselves as caregivers (31%) and Area I has a lower percentage (18%).

Figure 27. Percentage of caregiving respondents by area



² Other regional results were not calculated because of the small number of caregivers in each area.

Assistance and Support

Respondents were asked how much practical support (e.g. being given a ride, having someone shop for them, loan them money, or home repair) they receive. Respondents do not receive a lot of support from anyone. The most frequent source of support reported was from family members where 26% receive a lot of support, 17% some support and 21% a little support from family. Fully 36% of respondents receive no support from their family. Respondents receive even less help from non-profit community agencies, clubs or social groups, or churches or spiritual groups. Family, friends and neighbors provide the most support. Table 12 illustrates the percentage of individuals who receive support and levels of support.

Table 12. Sources and level of support

	A lot of support	Some support	A little support	No support
Your family	25.7%	17.0%	21.2%	36.1%
Your friends	10.6%	17.3%	24.5%	47.5%
Your neighbors	7.8%	13.2%	23.4%	55.6%
A church or spiritual group	10.2%	10.2%	13.3%	66.3%
A club or social group	3.2%	4.1%	7.8%	85.0%
A non-profit community agency	1.7%	2.4%	3.8%	92.0%

Despite reporting that they do not receive a lot of support from any one source, respondents overwhelmingly reported they could call a family member for help (72%). Twelve percent said they had a friend or neighbor they could call. Of those who had someone they could call, 81% of respondents have someone who lives less than 10 miles away and 11% live within 10-25 miles. Three percent said there was no one they could call for help.

Respondents of varying ages receive significantly different levels of assistance and support. As might be expected, the level of support received by all types of entities increases for the older groups. Figure 28

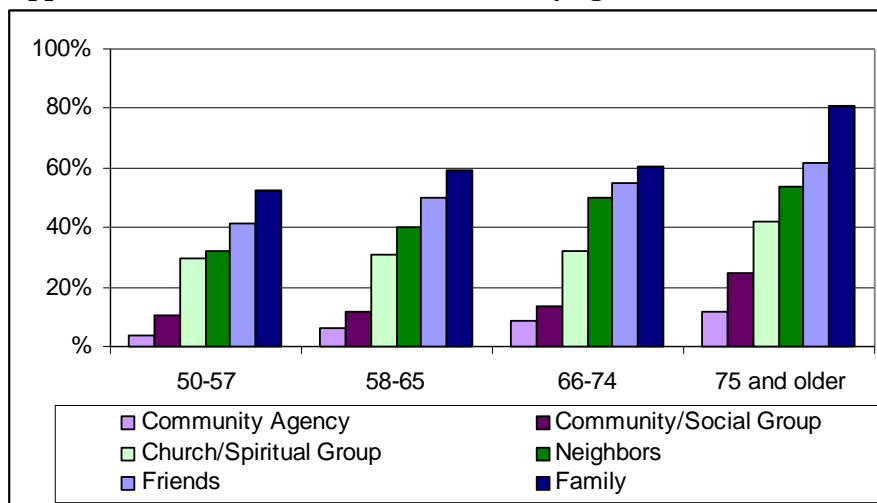
shows the percentage of respondents who receive some level of assistance or support (a lot, some, a little)

members provide the most support across all age groups followed by friends

percentage of

some level of support or assistance from

Figure 28. Percentage of respondents who receive a lot, some or a little support or assistance from various sources by age



family members increases from the 50-57 year old group to the 58-65 year old group and again from the 66-74 year old group to the oldest group, age 75 and older. Respondents in the 58-65 year old and 66-74 year old groups are relatively consistent.

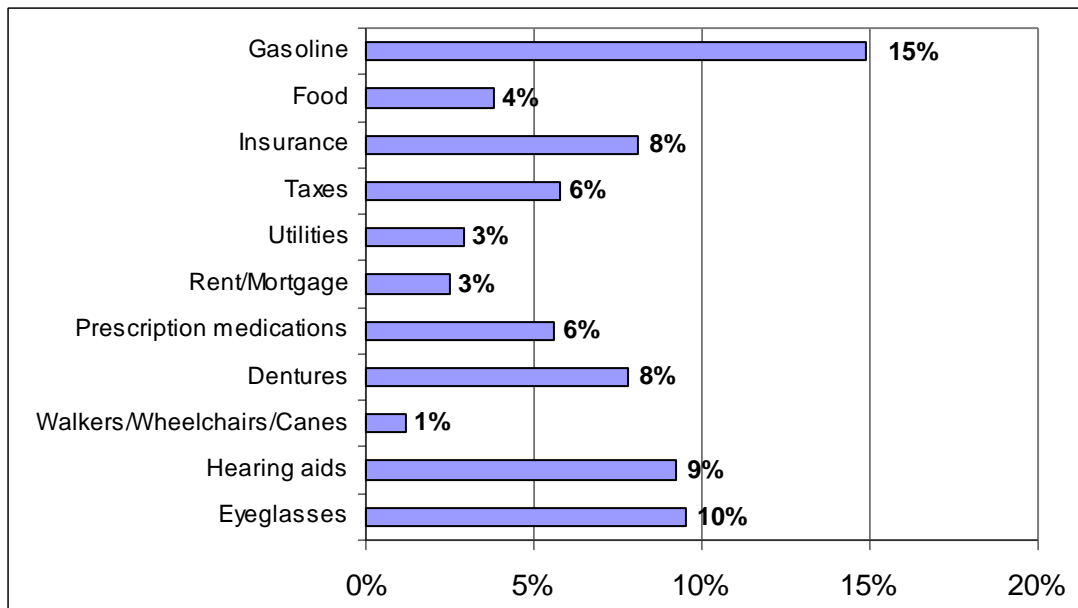
The respondents have numerous areas of concern, emotionally, physically and financially which might indicate while they have individuals they can call, they may not be calling for help, especially for their emotional needs. The most concerning area for respondents was their physical health. Forty-three percent said it was a minor problem and 14% said it was a major problem. An additional 3% anticipate having a problem with their health in the future. While most respondents do not consider their emotional problems major, many noted feeling depressed (24%), feeling lonely, sad or isolated (17%) or having too few activities or feeling bored (14%) as a minor problem. Having financial problems (17%) and being able to afford needed medications (14%) also top the list of minor problems. The issues most concerning for respondents in the future (anticipating a problem in the future) are: having housing suited to their needs (4%), being able to afford needed medications (3%) and having financial problems (4%). Table 13 illustrates the areas respondents describe as a major or minor problem.

Table 13. Major and minor problems for respondents

	Major problem	Minor problem
Your physical health	14.4%	42.6%
Having housing suited to your needs	0.9%	5.9%
Getting the health care you need	3.7%	10.5%
Having inadequate transportation	0.8%	7.4%
Feeling lonely, sad or isolated	3.0%	16.9%
Having enough food to eat	1.2%	2.6%
Affording the medications you need	3.5%	13.5%
Having financial problems	4.1%	17.1%
Feeling depressed	3.6%	23.8%
Being physically or emotionally abused	0.0%	1.0%
Being financially exploited	1.0%	4.0%
Being a victim of crime	0.4%	2.5%
Dealing with legal issues	1.3%	8.0%
Performing everyday activities such as walking, bathing, or getting in and out of a chair	1.4%	6.5%
Having too few activities or feeling bored	1.9%	13.7%

Financial concerns have already come to fruition for 15% of respondents when it comes to being able to afford to buy gasoline. Figure 29 illustrates the percentage of respondents who have needed certain necessities like gasoline, food or eyeglasses and have not been able to afford them. Ten percent of respondents have not been able to afford eyeglasses and 9% are unable to afford hearing aids. Eight percent cannot afford insurance and 8% cannot afford dentures. Eight percent cannot afford insurance and 8% cannot afford dentures.

Figure 29. Percentage of respondents not able to afford necessities

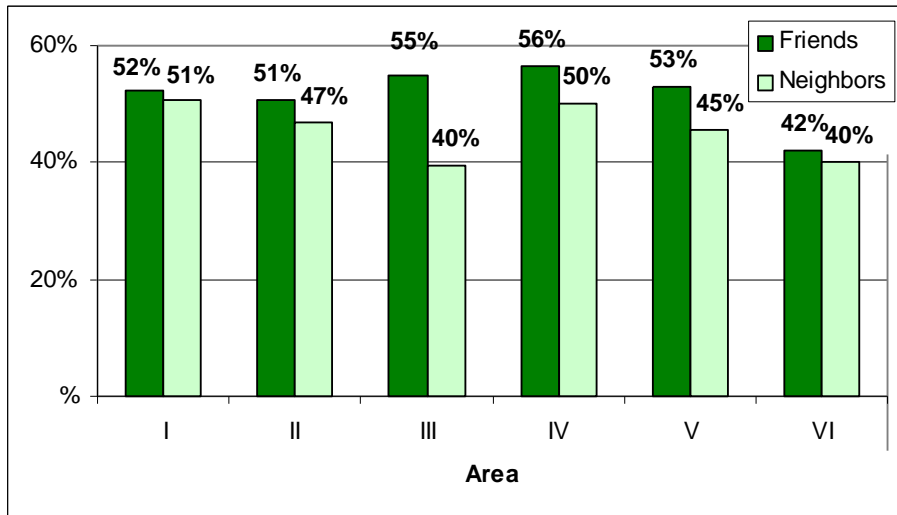


The ability to afford certain items could not be distinguished by age groups. Across all age groups, there was a similar percentage of respondents who could not afford dentures, prescription medications, property taxes or gasoline. The greatest difference was found in the ability to afford dentures with 14% of the oldest age group unable to afford them. The increased need for dentures as one ages may be a factor in this statistic.

Regional Results

Across the planning and service areas, roughly the same percentage of respondents receive some type of support and assistance from family, church or spiritual groups, clubs or social groups and non-profit community agencies. However, there are some differences in level of support by area from friends and neighbors. Figure 30 illustrates the percentage of respondents who receive some

Figure 30. Percentage of respondents who receive a lot, some or a little support or assistance from friends and neighbors by area



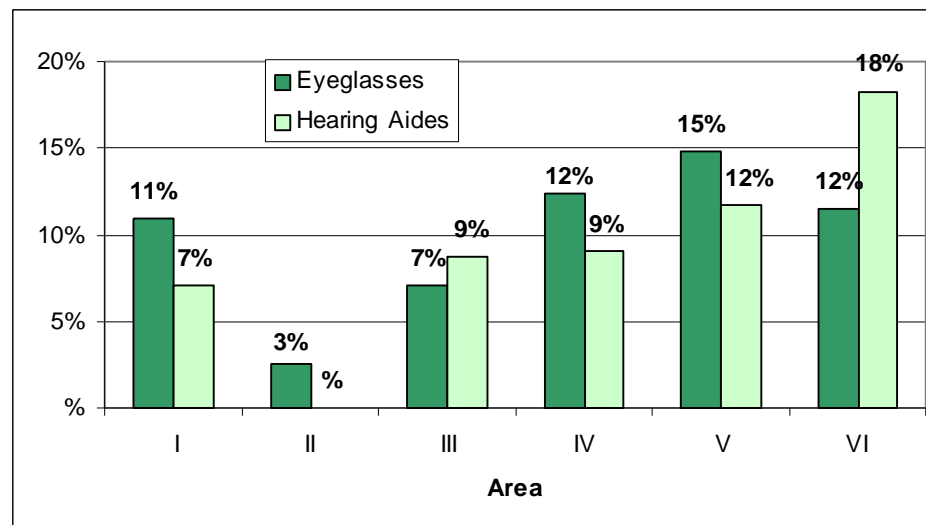
level of support or assistance (a lot, some, a little) from friends and neighbors by area. Fewer respondents in Area VI receive assistance or support from friends and neighbors than respondents in the other areas. Roughly 50-55% of respondents receive some type of support assistance from friends compared to 42% in

Area VI. Likewise, in Areas III and VI, only 40% of respondents receive support or assistance from neighbors compared to the other areas where 45-51% receive some type of support or assistance.

Respondents in certain areas have more difficulty being able to afford certain items such as eyeglasses and hearing aids. Eighteen percent of respondents in Area VI have needed hearing aids but have been unable to afford them compared to 0% in Area II.

Fifteen percent of respondents in Area V and 12% in Areas VI and IV have needed eyeglasses but been unable to afford them (Figure 31).

Figure 31. Percentage of respondents unable to afford eyeglasses and hearing aids by area



Two other items, insurance and gasoline, have disparate results by area for affordability. The largest percentage of respondents (14%) who cannot afford insurance live in Area I. Eleven percent of respondents in Area V and 8% in Area IV need but cannot afford insurance (Figure

Figure 32. Percentage of respondents by area who need but cannot afford insurance

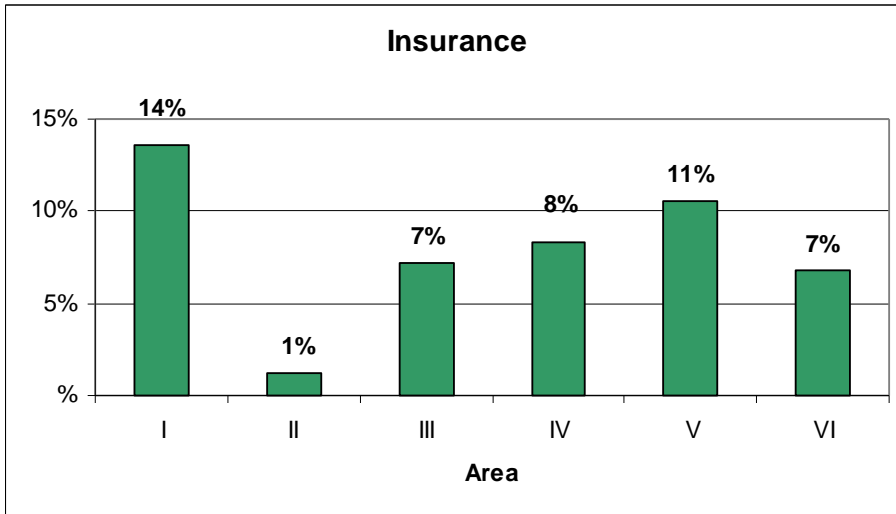
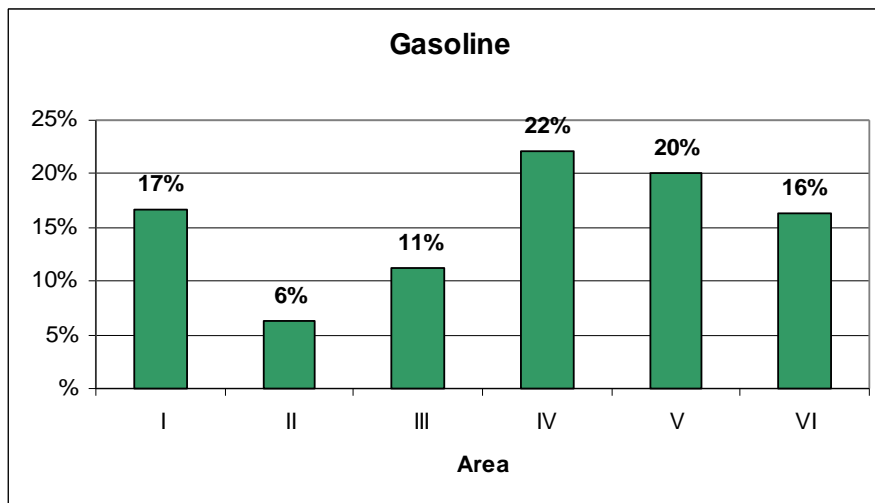


Figure 33. Percentage of respondents by area who need but cannot afford gasoline



32). Recent increases in gasoline prices may play a part in the large percentage of respondents who cannot afford it (Figure 33). Almost one-quarter (22%) of respondents in Area IV have needed gasoline but could not afford to buy it. Twenty percent of respondents in Area V, 17% in Area I and 16% in Area VI noted they needed but could not afford gasoline. Area II respondents had the lowest percentage of respondents who needed but could not afford eyeglasses, hearing aids, insurance, and gasoline.

Other Concerns

Many survey respondents have concerns about their future even though most (89%) consider their community a good place to grow old. Those concerns include how they will pay for health care or be able to afford other necessities, not having health insurance, and needing help with transportation, in-home repairs and caregiving. Numerous respondents also mentioned they are unnerved by the state of world affairs.

Primarily, all the concerns of respondents focused on their financial viability. They worry they will not have enough assets to pay for long-term care and that property taxes on their home will increase so much they will not be able to continue living in their home. "I have a great fear of not being able to care for myself and have to go to a nursing home. I want to stay in my home!" one respondent wrote. Several respondents from rural areas are concerned about having to leave their community when they need help: "I live in a rural area. I am at the point where I can no longer adequately take care of my house and yard. I do not need assisted living and do not want to live in a city or town. There are not senior 'retirement' places in my immediate vicinity."

Respondents also worry they will not have enough money to pay for health care and without health insurance many noted they will not be able to pay for prescription medications. "Now that I am retired, trying to get insurance on myself to help out my costs is too expensive for me to get. So because of this my health and teeth are neglected," noted one respondent. The social security benefit many individuals depend upon is not keeping pace with the growing cost of health insurance. "When there is an increase in social security there is also an increase in Medicare payments in health insurance, in medication insurance, so there is no benefit to the increase. We come out paying out more than receiving. It's a no win situation," one respondent wrote. Escalating costs of gasoline and food make it even more difficult for individuals to afford health care. Additionally, some respondents worry about their own declining health in the mix of being able to afford to care for others. There is a need for more services to help care for family members (spouse or parents). A number of respondents also mentioned concerns about reimbursement rates from insurance companies such as Medicare and the effect this will have on accessing care from their physicians.

Numerous respondents mentioned lack of public transportation as a concern. One respondent wrote: "In the near future, gasoline will become more expensive making driving a bigger part of the household budget. We need a better form of public transit in this valley to get people around..." Lastly, the state of world affairs, choices made by the United States and state government and how the war affects the economy weighs heavily on many respondents.

Summary and Implications

The Idaho Commission on Aging Needs Assessment provides numerous important findings for future planning. Respondents provided information about their ability and desire to participate in various social activities, their ability to perform varying levels of physical activities and the ways they obtain information about services. In addition, respondents were asked about transportation options within their communities, the level of support they receive from family, friends or community members, and how they will pay for long-term care. The survey closed with an opportunity for respondents to share any other issues that might be of concern.

Key results derived from this study are:

1. The oldest Idahoans have the greatest needs for assistance in finding transportation and performing the physical activities necessary to remain in their homes.

The results provide important information for service delivery planning for older adults. Key to this planning will be paying close attention to the oldest group of Idahoans (age 75 and older) as this group struggles the most to find transportation options and keep up with the physical activities necessary to keep their homes and remain in their communities. This is not to say that younger respondents do not also have difficulty; in fact, the results show an increasing percentage of individuals in each age group who struggle with these issues. Also key in planning is understanding that older adults in Idaho do not receive a significant amount of help from sources other than family members, most do not have long-term care insurance and more than half plan to pay for long-term care with Medicare.

2. Even with 81% of respondents indicating they have someone to call who lives within 10 miles, most do not receive a significant amount of help.

Only 26% of respondents receive a lot of help from family members and 38% receive some or a little support from family members. Even less receive any support from friends and neighbors or the community. However, the perception is that most have someone they can call who lives close by. Despite this perception, about 20% noted feeling depressed, lonely, sad, or isolated was a minor problem and about 16% also struggle with being able to afford medications and have other financial problems.

3. Less than 20% of survey respondents have long-term care insurance and most believe they can use Medicare or private insurance to pay for long-term care.

It is imperative seniors receive more education about long-term care issues when more than 50% of individuals plan to use Medicare to pay for their long-term care needs. Medicare does not cover much of what might be needed for long-term care and thus, a huge percentage of Idahoans are vulnerable should they need long-term care services.

4. Almost 25% of respondents are caregivers for family or friends and 36% of those caregivers provide care for more than one person.

Respondents who are caregivers for family or friends provide an invaluable service for those who depend upon them; however, the burden seems to be quite heavy. More than one-third of those respondents who are caregivers are caregivers for more than one person; 21% for two people and 15% care for three or more people. In addition, they spend an average of \$285 per

month of their own money. The most common care recipients are spouses and parents. Caregivers spend an average of 62 hours per week for spouses and 14 hours per week for parents. Most concerning is approximately 60% were frequently or sometimes stressed in the past two months by their caregiving role.

5. Respondents are most concerned about the cost of medical care, health insurance and staying in their homes as they age.

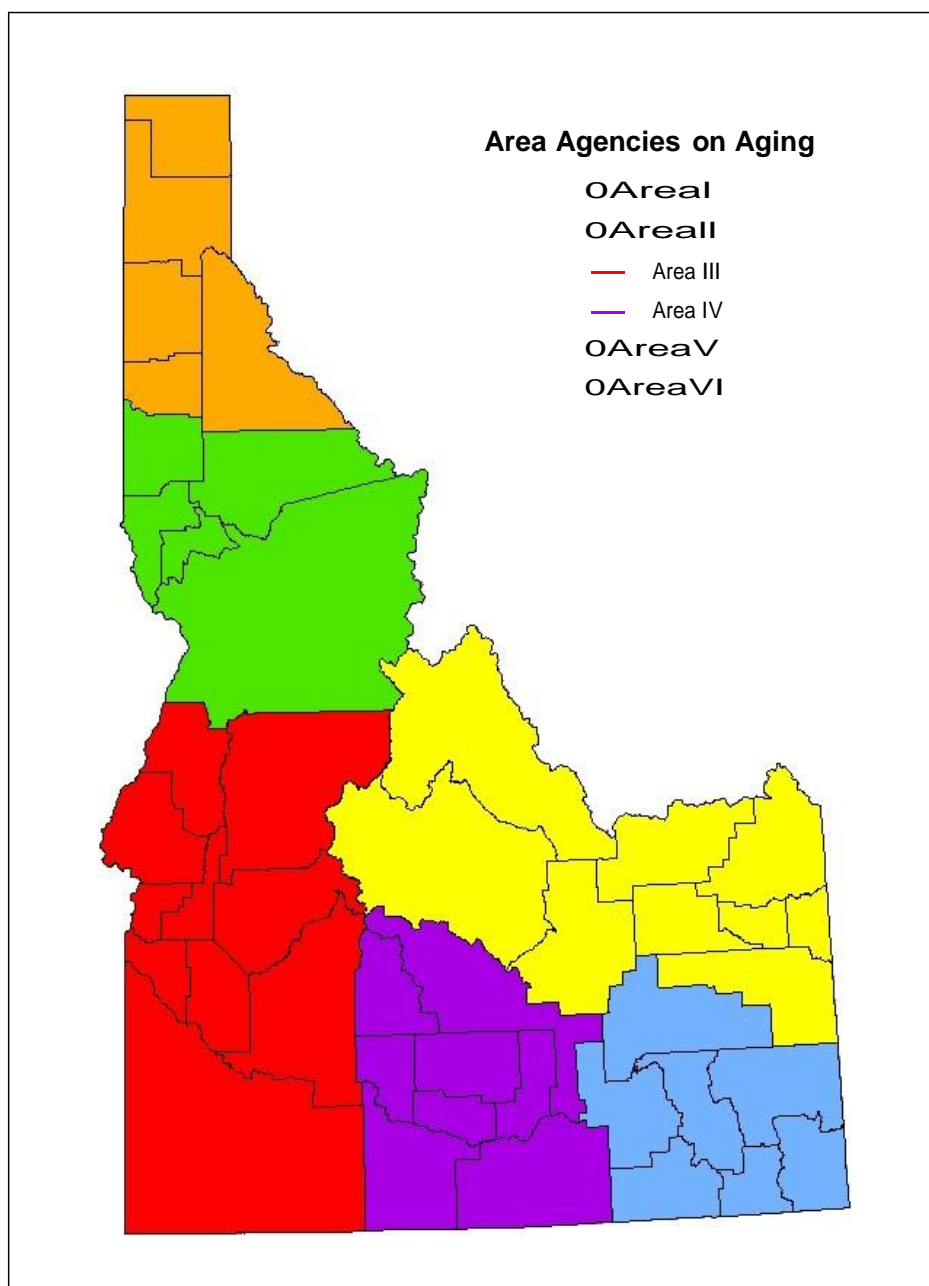
Respondents are most concerned about their ability to afford their homes, health insurance and medical care. Numerous respondents noted they were already living on a tight budget, and with increasing costs for gasoline and food, being able to afford medications or health care, has become increasingly difficult and, for some, a dire situation. Individuals who are not able to perform physical activities, such as housework or home repairs, or get the assistance they need to perform such tasks, will find it increasingly difficult to remain in their own homes. Providing the assistance for these physical household chores could impact the ability of many to remain in their homes and overall could reduce the cost of their care.

6. Most respondents, regardless of age, are not interested in using senior centers. The method used to reach seniors needs to be carefully considered. Across all age groups, respondents lack interest in senior centers. Senior centers, as one respondent put it, need to be “cheerful and bright for active intelligent people, not just [a place] to serve cheap meals and play Bingo.” While this characterization may not be an accurate representation of some senior centers, it illustrates a perception about senior centers that may hinder participation by the younger groups or those closer to age 50. In addition, if a proposed service is to be delivered across all age groups (50 and older) then newspapers and television will reach the widest audiences. However, if the target audience is under 65, the Internet could be as effective in reaching a wide audience. Information from friends and family members carry a great deal of weight with the oldest group, so it is important for the success of a program to have positive spokespersons.

7. Regionally, there are slight differences in transportation and homemaker service needs as well as information sources and interest in volunteerism or other activities.

Yet, the information does provide opportunities for each area to prioritize services in certain instances. For example, Areas I and V may want to focus more efforts on transportation because there are a greater percentage of individuals in those areas who have difficulty finding or getting transportation. Areas III, IV and V might want to focus on chore and homemaker services because those areas have a higher percentage of individuals who need help with physical activities like light or heavy housework. Individuals in Area VI may be more dependent upon community services since this group receives the least support from family, friends or neighbors. Workout classes would be best received in Area V and individuals in Area IV are more interested in volunteer work than their peers in other areas. Likewise, using senior publications to convey information about activities and services will be the most effective in Area II and likely ineffective in the other areas.

Appendix A
Idaho Commission on Aging Service Areas



Appendix B

Overall Results

Idaho Commission on Aging Community Needs Assessment Overall Results

1. My community is a good place to grow old?

97.1% Yes
8.9% No

2. For most of your trips, how do you travel? (*select one*)

<u>97.9%</u> Drive or ride in a car	<u>0.5%</u> Walk
<u>0.4%</u> Take public transportation	<u>0.1%</u> Not applicable – Never leave house
<u>0.4%</u> Take a senior van, shuttle, or minibus	<u>0.6%</u> Other
<u>0.1%</u> Take a taxi	

3. In the past 12 months, how much help have you needed getting or arranging transportation?

1.6% A lot **9.7 %** Some **88.0%** None

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (*check all that apply*)

<u>14.7%</u>	Have to rely on other(s)
<u>5.5%</u>	Unfamiliar with transportation options or systems
<u>13.3%</u>	Weather
<u>5.6%</u>	Not available when I need to go
<u>9.5%</u>	Car doesn't work/ problems with vehicle
<u>7.8%</u>	Transportation does not go where I need to go
<u>7.2%</u>	Can't afford it
<u>2.8%</u>	Don't know who to call
<u>5.4%</u>	Disability / health related reasons
<u>6.2%</u>	Not available in my community
<u>4.0%</u>	Too far / Distance related
<u>4.0%</u>	Other
<u>3.2%</u>	Have trouble getting around without someone to help

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	1.2%	10.0%	88.8%
b. Shopping	1.3%	7.4%	91.2%
c. Personal errands	.8%	7.1%	92.1%
d. Recreational or social trips	1.1%	10.1%	88.8%

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

18.8% Yes

81.2% No

7. How do you plan on paying for your long-term care in the future?

52.4% Medicare

17.5% Long-term care insurance policy

15.7% Medicaid

34.3% Other

8. How often do you use the following services or attend the following locations?

		As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a.	Community events / Social clubs	44.5%	14.4%	12.2%	28.9%
b.	Degree and non-degree courses	22.0%	4.6%	14.8%	58.6%
c.	Exercise & Fitness / Workouts / Activities	42.0%	10.0%	19.9%	28.1%
d.	Family activities	67.8%	15.7%	10.8%	5.7%
e.	Library / Internet	61.9%	11.9%	8.3%	18.0%
f.	Medical and pharmacy visits	81.2%	11.3%	2.8%	4.7%
g.	Parks	59.2%	14.7%	11.6%	14.5%
h.	Religion / worship	65.1%	6.8%	5.4%	22.6%
i.	Senior centers	26.7%	4.0%	7.8%	61.4%
j.	Shopping	76.0%	14.2%	5.1%	4.7%
k.	Sporting events	50.3%	10.8%	8.4%	30.4%
l.	Volunteer work	47.6%	9.4%	13.3%	29.7%
m.	Working for pay	44.6%	6.0%	6.6%	42.8%

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

		Frequently	Sometimes	Never
a.	Newspaper	67.1%	25.3%	7.7%
b.	Radio	35.8%	40.7%	23.4%
c.	Television	58.4%	32.4%	9.2%
d.	Library	13.6%	38.1%	48.3%
e.	Internet	46.0%	26.3%	27.6%
f.	Word of mouth	46.0%	47.9%	6.2%
g.	Senior publications	16.5%	38.3%	45.1%

10. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

		Without any help	With some help	Cannot do this at all
a.	Prepare your meals	95.1%	3.9%	1.0%
b.	Shop for personal items	93.7%	5.3%	1.0%
c.	Manage your medications	96.3%	3.2%	0.5%
d.	Manage your money	94.5%	5.0%	0.5%
e.	Use a telephone	97.7%	2.0%	0.4%
f.	Do light housework like dusting or vacuuming	90.6%	6.5%	2.9%
g.	Do heavy housework like moving furniture or washing windows	63.9%	24.2%	12.0%
h.	Do interior or exterior repairs	51.0%	34.4%	14.5%
i.	Do yard work and snow shoveling	61.8%	24.9%	13.8%
j.	Walk	90.8%	7.5%	1.7%
k.	Eat	99.0%	1.0%	0.0%
l.	Dress yourself	98.4%	1.5%	0.1%
m.	Bathe	98.0%	1.5%	0.5%
n.	Use the toilet	99.1%	0.7%	0.1%
o.	Get in and out of bed	98.8%	1.2%	0.0%
p.	Respond to emergencies	92.3%	6.8%	0.9%

11. How much practical support do you receive these days from the following sources?
Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

	A lot of support	Some support	A little support	No support
a. Your family	25.7%	17.0%	21.2%	36.1%
b. Your friends	10.6%	17.3%	24.5%	47.5%
c. Your neighbors	7.8%	13.2%	23.4%	55.6%
d. A church or spiritual group	10.2%	10.2%	13.3%	66.3%
e. A club or social group	3.2%	4.1%	7.8%	85.0%
f. A non-profit community agency	1.7%	2.4%	3.8%	92.0%

12. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

	Major problem	Minor problem	No problem	Anticipate having a problem in the future
a. Your physical health	14.4%	42.6%	39.6%	3.4%
b. Having housing suited to your needs	0.9%	5.9%	89.2%	4.0%
c. Getting the health care you need	3.7%	10.5%	82.9%	2.9%
d. Having inadequate transportation	0.8%	7.4%	89.4%	2.5%
e. Feeling lonely, sad or isolated	3.0%	16.9%	79.1%	1.0%
f. Having enough food to eat	1.2%	2.6%	95.2%	1.0%
g. Affording the medications you need	3.5%	13.5%	79.8%	3.2%
h. Having financial problems	4.1%	17.1%	74.4%	4.4%
i. Feeling depressed	3.6%	23.8%	70.8%	1.9%
j. Being physically or emotionally abused	0.0%	1.0%	97.8%	1.2%
k. Being financially exploited	1.0%	4.0%	94.0%	1.0%
l. Being a victim of crime	0.4%	2.5%	95.6%	1.5%
m. Dealing with legal issues	1.3%	8.0%	88.6%	2.1%
n. Performing everyday activities such as walking, bathing, or getting in and out of a chair	1.4%	6.5%	89.1%	3.0%
o. Having too few activities or feeling bored	1.9%	13.7%	82.7%	1.7%

13. Have you recently needed any of the following, but could not afford them?

		Yes	No
a.	Eyeglasses	9.5%	90.5%
b.	Hearing aids	9.2%	90.8%
c.	Walkers/Wheelchairs/Canes	1.2%	98.8%
d.	Dentures	7.8%	92.2%
e.	Prescription medications	5.6%	94.4%
f.	Rent/Mortgage	2.5%	97.5%
g.	Utilities	2.9%	97.1%
h.	Taxes	5.8%	94.2%
i.	Insurance	8.1%	91.9%
j.	Food	3.8%	96.2%
k.	Gasoline	14.9%	85.1%

14. If you needed assistance, is there someone you could call for help? (Select one)

2.9% No 71.5% Yes, a family member
12.9% Checked multiple 11.6% Yes, a friend or neighbor
1.1% Yes, other

If yes, how far away does this person live?

80.9% 0-9 miles 3.5% 26-50 miles 0.5% 76-100 miles
10.7% 10-25 miles 1.3% 51-75 miles 2.9% Greater than 100 miles

15. Do you provide care for one or more family members or friends on a regular basis?

23.6% Yes 76.3% No

16. For how many family members or friends do you provide care?

63.5% 1
20.8% 2
8.4% 3
3.9% 4
1.1% 5
0.6% 6
0.6% 8

17. For whom do you provide care and about how many hours per week do you spend providing care for this person or these persons?

Average number of hours per week							
	Range	Avg.	SD		Range	Avg.	SD
a. Spouse	2-168	62.3	62.0	e. Grandchild	1-168	34.5	45.4
b. Parent	2-168	13.9	31.5	f. Partner	12-27.5	19.8	11.0
c. Friend/Neighbor	0.5-20	5.3	6.1	g. Other family member	1-168	24.8	48.4
d. Adult Child	1-70	20.7	24.2	h. Other	1-40	12.0	15.4

18. Are other family members or friends involved in the care of this person(s)?

57.4% Yes **42.6%** No

If Yes, how are they working together to provide care for this person(s)?

19. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation: (*Check only one.*)

16.7% I receive no help
52.7% I receive about what I need in terms of help
8.6% I receive somewhat less help than I need
1.6% I receive far less help than I need
20.4% I don't need any help

20. How much do you spend every month of your money to provide care for this person(s)?

\$0-5,000 Range **\$285.01** Avg. **\$775.74** SD:

21. How often in the past two months have you felt stressed by your care giving?

15.7% Frequently **31.9%** Never
44.3% Sometimes **8.1%** Don't know

22. Are you aware of service provided in your community that could help you provide care?

42.5% Yes **57.5%** No

If yes, what is offered in your community?

23. What kinds of help could you use more of in your caregiving? (check all that apply)

- 12.8%** Financial support
- 5.9%** Organized support groups
- 11.8%** Formal advice or emotional support (from a therapist, counselor, psychologist, or doctor) on issues such as caring for grandchildren and other caregiving issues
- 20.3%** Services such as adult day services, supervision, benefits, transportation
- 10.7%** Communication tips for people with reduced mental function (i.e. dementia, Alzheimer's)
- 7.0%** Physical care information (lifting, diapering, transporting, cleaning) for an ill person
- 12.3%** Respite (services that allow me to have free time for myself)
- 9.6%** Legal assistance
- 11.2%** Equipment (such as assistive devices, ramps, rails, etc.)

24. How many years have you been a resident of your community?

- | | | |
|-------------------------|--------------------------|--------------------------------|
| <u>10.8%</u> 0-5 | <u>8.9%</u> 11-15 | <u>63.6%</u> 20 or more |
| <u>8.8%</u> 6-10 | <u>7.8%</u> 16-20 | |

25. What is your age? 50-99 Range 66.91 Avg. 10.8 SD

26. Overall, how do you rate your quality of life?

- 48.2%** Very good **42.7%** Good **8.0%** Neither good nor bad **0.7%** Bad **0.4%** Very bad

27. Which of the following kinds of health insurance do you have? (check all that apply)

- 8.9%** Medicaid
- 51.8%** Medicare
- 65.2%** Private insurance
- 27.1%** Other insurance

28. What is your gender?

- 43.7%** Male **56.3%** Female

29. Do you consider yourself to be Hispanic or Latino?

1.5% Yes **98.5%** No

30. Which one or more of the following would you say is your race?

96.2% White
0.1% Black or African American
0.1% Native Hawaiian/Other Pacific Islander
1.2% American Indian, Alaskan Native
1.5% Other (Specify)

31. Do you currently rent or own your home?

6.4% Rent **91.3%** Own **2.3%** Other

32. Which of the following best describes where you live?

<u>87.2%</u> Single family home	<u>0.0%</u> Nursing home
<u>6.1%</u> Townhouse, condo, duplex, or apartment	<u>1.0%</u> Subsidized housing
<u>4.4%</u> Mobile home	<u>0.9%</u> Other
<u>0.4%</u> Assisted living residence	

33. How many people, including yourself, live in your household?

<u>24.1%</u> 1 person	<u>3.8%</u> 4 people
<u>60.7%</u> 2 people	<u>2.7%</u> 5 or more people
<u>8.6%</u> 3 people	

34. Who lives with you? (*check all that apply*)

<u>72.4%</u> Spouse (wife/husband)	<u>1.7%</u> Other relative(s)
<u>1.0%</u> Significant other	<u>0.9%</u> Unrelated adults/friends
<u>13.0%</u> At least one child	<u>1.3%</u> Grandchildren/great-grandchildren
<u>1.7%</u> Child(ren) and his/her/their family	<u>1.2%</u> Other

35. What is your household income?

<u>4.6%</u> Less than \$10,000	<u>11.9%</u> \$40,000 to under \$50,000
<u>14.9%</u> \$10,000 to under \$20,000	<u>7.7%</u> \$50,000 to under \$60,000
<u>15.6%</u> \$20,000 to under \$30,000	<u>11.1%</u> \$60,000 to under \$75,000
<u>12.5%</u> \$30,000 to under \$40,000	<u>21.6%</u> \$75,000 or more

36. What is your marital status?

<u>73.4%</u> Married	<u>3.6%</u> Single
<u>13.6%</u> Widowed	<u>0.1%</u> Partnered
<u>9.2%</u> Divorced	<u>0.1%</u> Other

37. How much formal education have you completed?

<u>6.2%</u> 0-11 years, no diploma	<u>5.5%</u> Associate's degree
<u>22.4%</u> High school graduate / GED	<u>17.5%</u> Bachelor's degree
<u>33.5%</u> Some college or technical training	<u>14.8%</u> Graduate or professional degree

38. What is your employment status?

<u>53.5%</u> Retired	<u>4.9%</u> Homemaker
<u>28.3%</u> Working full-time	<u>3.1%</u> Disabled
<u>8.4%</u> Working part-time	<u>1.4%</u> Other
<u>0.4%</u> Unemployed, looking for work	

39. If you anticipate looking for employment, would you need re-training?

<u>26.1%</u> Yes	<u>73.9%</u> No
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40. Are there any other issues you are concerned about?

<u>31.4%</u> Yes	<u>66.8%</u> No
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Appendix C

Area I Results

Idaho Commission on Aging Community Needs Assessment Area I Results

1. My community is a good place to grow old?

86.0% Yes
14.0% No

2. For most of your trips, how do you travel? (*select one*)

<u>99.2%</u>	Drive or ride in a car	<u>0.0%</u>	Walk
<u>0.0%</u>	Take public transportation	<u>0.0%</u>	Not applicable – Never leave house
<u>0.8%</u>	Take a senior van, shuttle, or minibus	<u>0.0%</u>	Other
<u>0.0%</u>	Take a taxi		

3. In the past 12 months, how much help have you needed getting or arranging transportation?

1.5% A lot **15.4%** Some **83.1%** None

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (*check all that apply*)

<u>18.3%</u>	Have to rely on other(s)
<u>4.6%</u>	Unfamiliar with transportation options or systems
<u>16.8%</u>	Weather
<u>6.1%</u>	Not available when I need to go
<u>5.3%</u>	Car doesn't work/ problems with vehicle
<u>0.0%</u>	Transportation does not go where I need to go
<u>9.2%</u>	Can't afford it
<u>3.8%</u>	Don't know who to call
<u>5.3%</u>	Disability / health related reasons
<u>6.1%</u>	Not available in my community
<u>4.6%</u>	Too far / Distance related
<u>3.8%</u>	Other
<u>0.8%</u>	Have trouble getting around without someone to help

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	0.8 %	16.3 %	82.9%
b. Shopping	1.7%	9.2%	89.1%
c. Personal errands	0.9 %	9.5%	89.7%
d. Recreational or social trips	1.7 %	13.4 %	84.9%

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

17.6% Yes **80.2%** No

7. How do you plan on paying for your long-term care in the future?

45.8% Medicare **19.1%** Long-term care insurance policy
15.3% Medicaid **32.8%** Other

8. How often do you use the following services or attend the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	44.7%	15.4%	9.8%	30.1%
b. Degree and non-degree courses	20.9%	5.2%	13.0%	60.9%
c. Exercise & Fitness / Workouts / Activities	45.1%	9.8%	20.5%	24.6%
d. Family activities	71.1%	15.7%	9.1%	4.1%
e. Library / Internet	65.6%	14.8%	6.6%	13.1%
f. Medical and pharmacy visits	84.6%	6.5%	3.3%	5.7%
g. Parks	58.3%	17.5%	9.2%	15.0%
h. Religion / worship	55.9%	5.5%	5.5%	33.1%
i. Senior centers	28.0%	5.1%	6.8%	60.2%
j. Shopping	73.8%	15.9%	4.8%	5.6%
k. Sporting events	46.2%	13.4%	8.4%	31.9%
l. Volunteer work	48.8%	8.3%	9.9%	33.1%
m. Working for pay	35.9%	4.3%	7.7%	52.1%

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

	Frequently	Sometimes	Never
a. Newspaper	66.9%	24.2%	8.9%
b. Radio	42.9%	31.1%	26.1%
c. Television	53.7%	33.3%	13.0%
d. Library	14.5%	42.7%	42.7%
e. Internet	44.1%	27.1%	28.8%
f. Word of mouth	43.8%	50.4%	5.8%
g. Senior publications	17.6%	31.1%	51.3%

10. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

	Without any help	With some help	Cannot do this at all
a. Prepare your meals	95.4%	3.1%	1.5%
b. Shop for personal items	93.8%	5.4%	0.8%
c. Manage your medications	96.9%	2.3%	0.8%
d. Manage your money	96.9%	2.3%	0.8%
e. Use a telephone	96.9%	1.6%	1.6%
f. Do light housework like dusting or vacuuming	90.0%	6.2%	3.8%
g. Do heavy housework like moving furniture or washing windows	66.7%	19.4%	14.0%
h. Do interior or exterior repairs	53.1%	26.9%	20.0%
i. Do yard work and snow shoveling	60.0%	23.1%	16.9%
j. Walk	91.4%	7.8%	0.8%
k. Eat	98.4%	1.6%	0.0%
l. Dress yourself	98.5%	1.5%	0.0%
m. Bathe	97.7%	1.5%	0.8%
n. Use the toilet	99.2%	.8%	0.0%
o. Get in and out of bed	99.2%	.8%	0.0%
p. Respond to emergencies	90.6%	7.0%	2.3%

11. How much practical support do you receive these days from the following sources?

Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

	A lot of support	Some support	A little support	No support
a. Your family	22.6%	16.9%	21.0%	39.5%
b. Your friends	7.4%	14.8%	30.3%	47.5%
c. Your neighbors	6.6%	9.0%	35.2%	49.2%
d. A church or spiritual group	8.3%	8.3%	10.8%	72.5%
e. A club or social group	0.8%	3.4%	7.6%	88.1%
f. A non-profit community agency	2.6%	1.7%	3.4%	92.3%

12. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

	Major problem	Minor problem	No problem	Anticipate having a problem in the future
a. Your physical health	11.8%	43.3%	40.9%	3.9%
b. Having housing suited to your needs	0.8%	4.0%	91.3%	4.0%
c. Getting the health care you need	3.1%	8.7%	83.5%	4.7%
d. Having inadequate transportation	0.8%	6.3%	87.4%	5.5%
e. Feeling lonely, sad or isolated	2.3%	16.4%	78.1%	3.1%
f. Having enough food to eat	2.3%	1.6%	93.0%	3.1%
g. Affording the medications you need	2.3%	16.4%	76.6%	4.7%
h. Having financial problems	4.7%	16.5%	74.0%	4.7%
i. Feeling depressed	4.0%	19.8%	71.4%	4.8%
j. Being physically or emotionally abused	0.0%	0.8%	95.3%	3.9%
k. Being financially exploited	2.4%	2.4%	92.1%	3.2%
l. Being a victim of crime	1.6%	2.3%	92.2%	3.9%
m. Dealing with legal issues	0.8%	9.4%	85.0%	4.7%
n. Performing everyday activities such as walking, bathing, or getting in and out of a chair	2.3%	5.5%	86.7%	5.5%
o. Having too few activities or feeling bored	1.6%	14.0%	80.6%	3.9%

13. Have you recently needed any of the following, but could not afford them?

	Yes	No
a. Eyeglasses	10.9%	89.1%
b. Hearing aids	7.1%	92.9%
c. Walkers/Wheelchairs/Canes	0.0%	100.0%
d. Dentures	9.5%	90.5%
e. Prescription medications	4.7%	95.3%
f. Rent/Mortgage	2.4%	97.6%
g. Utilities	2.4%	97.6%
h. Taxes	8.7%	91.3%
i. Insurance	13.6%	86.4%
j. Food	4.0%	96.0%
k. Gasoline	16.7%	83.8%

14. If you needed assistance, is there someone you could call for help? (*Select one*)

3.9% No **65.9%** Yes, a family member
16.3% Checked multiple **13.2%** Yes, a friend or neighbor
0.8% Yes, other

If yes, how far away does this person live?

74.8% 0-9 miles **4.2%** 26-50 miles **0.8%** 76-100 miles
16.8% 10-25 miles **1.7%** 51-75 miles **1.7%** Greater than 100 miles

15. Do you provide care for one or more family members or friends on a regular basis?

18.1% Yes **91.9%** No

Questions 16-23 are not reported by area because the number of respondents is not sufficient to report results without potentially compromising confidentiality.

16. For how many family members or friends do you provide care?

17. For whom do you provide care and about how many hours per week do you spend providing care for this person or these persons?

18. Are other family members or friends involved in the care of this person(s)?

19. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation:

20. How much do you spend every month of your money to provide care for this person(s)?

21. How often in the past two months have you felt stressed by your care giving?

22. Are you aware of service provided in your community that could help you provide care?

23. What kinds of help could you use more of in your caregiving?

24. How many years have you been a resident of your community?

<u>10.2%</u>	0-5	<u>12.5%</u>	11-15	<u>54.7%</u>	20 or more
<u>13.3%</u>	6-10	<u>9.4%</u>	16-20		

25. What is your age? 51-99 Range 68.20 Avg. 10.9 SD

26. Overall, how do you rate your quality of life?

47.7% Very good 41.5% Good 10.0% Neither good nor bad 0.8% Bad 0.0% Very bad

27. Which of the following kinds of health insurance do you have? (*Check all that apply*)

<u>6.1%</u>	Medicaid	<u>69.5%</u>	Private insurance
<u>60.3%</u>	Medicare	<u>18.3%</u>	Other insurance

28. What is your gender?

45.0% Male 55.0% Female

29. Do you consider yourself to be Hispanic or Latino?

2.3% Yes 97.7% No

30. Which one or more of the following would you say is your race?

<u>96.9%</u>	White
<u>0.0%</u>	Black or African American
<u>0.0%</u>	Native Hawaiian/Other Pacific Islander
<u>1.5%</u>	American Indian, Alaskan Native
<u>0.8%</u>	Other (Specify)

31. Do you currently rent or own your home?

9.9% Rent **90.1%** Own **0.0%** Other

32. Which of the following best describes where you live?

<u>89.3%</u>	Single family home	<u>0.0%</u>	Nursing home
<u>3.8%</u>	Townhouse, condo, duplex, or apartment	<u>2.3%</u>	Subsidized housing
<u>4.6%</u>	Mobile home	<u>0.0%</u>	Other
<u>0.0%</u>	Assisted living residence		

33. How many people, including yourself, live in your household?

<u>22.5%</u>	1 person	<u>5.4%</u>	4 people
<u>58.9%</u>	2 people	<u>3.1%</u>	5 or more people
<u>10.1%</u>	3 people		

34. Who lives with you? (*Check all that apply*)

<u>71.8%</u>	Spouse (wife/husband)	<u>0.0%</u>	Other relative(s)
<u>2.3%</u>	Significant other	<u>0.8%</u>	Unrelated adults/friends
<u>13.7%</u>	At least one child	<u>3.8%</u>	Grandchildren/great-grandchildren
<u>2.3%</u>	Child(ren) and his/her/their family	<u>1.5%</u>	Other

35. What is your household income?

<u>5.1%</u>	Less than \$10,000	<u>10.3%</u>	\$40,000 to under \$50,000
<u>14.5%</u>	\$10,000 to under \$20,000	<u>5.1%</u>	\$50,000 to under \$60,000
<u>18.8%</u>	\$20,000 to under \$30,000	<u>11.1%</u>	\$60,000 to under \$75,000
<u>12.0%</u>	\$30,000 to under \$40,000	<u>23.1%</u>	\$75,000 or more

36. What is your marital status?

<u>72.5%</u>	Married	<u>2.3%</u>	Single
<u>15.3%</u>	Widowed	<u>0.0%</u>	Partnered
<u>9.9%</u>	Divorced	<u>0.0%</u>	Other

37. How much formal education have you completed?

<u>9.9%</u> 0-11 years, no diploma	<u>9.2%</u> Associate's degree
<u>19.1%</u> High school graduate / GED	<u>14.5%</u> Bachelor's degree
<u>30.5%</u> Some college or technical training	<u>16.8%</u> Graduate or professional degree

38. What is your employment status?

<u>61.9%</u> Retired	<u>4.8%</u> Homemaker
<u>22.2%</u> Working full-time	<u>1.6%</u> Disabled
<u>8.7%</u> Working part-time	<u>0.0%</u> Other
<u>0.8%</u> Unemployed, looking for work	

39. If you anticipate looking for employment, would you need re-training?

<u>20.7%</u> Yes	<u>79.3%</u> No
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40. Are there any other issues you are concerned about?

<u>34.5%</u> Yes	<u>65.5%</u> No
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Appendix D

Area II Results

Idaho Commission on Aging Community Needs Assessment Area II Results

1. My community is a good place to grow old?

91.6% Yes
8.4% No

2. For most of your trips, how do you travel? (*select one*)

<u>94.0%</u>	Drive or ride in a car	<u>3.6%</u>	Walk
<u>1.2%</u>	Take public transportation	<u>1.2%</u>	Not applicable – Never leave house
<u>0.0%</u>	Take a senior van, shuttle, or minibus	<u>0.0%</u>	Other
<u>0.0%</u>	Take a taxi		

3. In the past 12 months, how much help have you needed getting or arranging transportation?

1.2% A lot 6.0% Some 92.8% None

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (*check all that apply*)

<u>9.6%</u>	Have to rely on other(s)
<u>2.4%</u>	Unfamiliar with transportation options or systems
<u>15.7%</u>	Weather
<u>3.6%</u>	Not available when I need to go
<u>12.0%</u>	Car doesn't work/ problems with vehicle
<u>2.4%</u>	Transportation does not go where I need to go
<u>4.8%</u>	Can't afford it
<u>0.0%</u>	Don't know who to call
<u>6.0%</u>	Disability / health related reasons
<u>7.2%</u>	Not available in my community
<u>3.6%</u>	Too far / Distance related
<u>2.4%</u>	Other
<u>4.8%</u>	Have trouble getting around without someone to help

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	1.3%	9.2%	89.5%
b. Shopping	1.4%	5.4%	93.2%
c. Personal errands	0.0 %	5.5 %	94.5 %
d. Recreational or social trips	0.0 %	6.8%	93.2 %

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

21.2% Yes **78.8%** No

7. How do you plan on paying for your long-term care in the future?

44.6% Medicare **26.5%** Long-term care insurance policy
10.8% Medicaid **31.3%** Other

8. How often do you use the following services or attend the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	52.6%	14.5%	6.6%	26.3%
b. Degree and non-degree courses	22.5%	5.6%	7.0%	64.8%
c. Exercise & Fitness / Workouts / Activities	36.5%	16.2%	17.6%	29.7%
d. Family activities	70.1%	13.0%	10.4%	6.5%
e. Library / Internet	60.0%	16.0%	6.7%	17.3%
f. Medical and pharmacy visits	86.1%	7.6%	3.8%	2.5%
g. Parks	66.2%	19.5%	6.5%	7.8%
h. Religion / worship	64.1%	7.7%	6.4%	21.8%
i. Senior centers	33.8%	6.8%	4.1%	55.4%
j. Shopping	79.7%	8.9%	7.6%	3.8%
k. Sporting events	52.6%	13.2%	1.3%	32.9%
l. Volunteer work	43.4%	14.5%	10.5%	31.6%
m. Working for pay	47.4%	2.6%	5.3%	44.7%

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

	Frequently	Sometimes	Never
a. Newspaper	83.8%	15.0%	1.2%
b. Radio	37.2%	38.5%	24.4%
c. Television	58.8%	31.2%	10.0%
d. Library	11.8%	42.1%	46.1%
e. Internet	43.4%	26.3%	30.3%
f. Word of mouth	49.4%	45.6%	5.1%
g. Senior publications	30.0%	39.5%	30.3%

10. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

	Without any help	With some help	Cannot do this at all
a. Prepare your meals	93.9%	3.7%	2.4%
b. Shop for personal items	92.6%	4.9%	2.5%
c. Manage your medications	96.2%	3.8%	0.0%
d. Manage your money	92.6%	7.4%	0.0%
e. Use a telephone	97.6%	2.4%	0.0%
f. Do light housework like dusting or vacuuming	91.5%	3.7%	4.9%
g. Do heavy housework like moving furniture or washing windows	71.6%	16.0%	12.3%
h. Do interior or exterior repairs	47.6%	37.8%	14.6%
i. Do yard work and snow shoveling	63.4%	24.4%	12.2%
j. Walk	92.7%	3.7%	3.7%
k. Eat	98.8%	1.2%	0.0%
l. Dress yourself	98.8%	1.2%	0.0%
m. Bathe	98.8%	1.2%	0.0%
n. Use the toilet	100.0%	0.0%	0.0%
o. Get in and out of bed	100.0%	0.0%	0.0%
p. Respond to emergencies	92.5%	5.0%	2.5%

11. How much practical support do you receive these days from the following sources?
Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

		A lot of support	Some support	A little support	No support
a.	Your family	28.2%	19.2%	16.7%	35.9%
b.	Your friends	20.0%	12.0%	18.7%	49.3%
c.	Your neighbors	16.9%	9.1%	20.8%	53.2%
d.	A church or spiritual group	10.3%	10.3%	16.7%	62.8%
e.	A club or social group	4.0%	8.0%	14.7%	73.3%
f.	A non-profit community agency	4.0%	6.7%	2.7%	86.7%

12. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

		Major problem	Minor problem	No problem	Anticipate having a problem in the future
a.	Your physical health	15.0%	40.0%	42.5%	2.5%
b.	Having housing suited to your needs	0.0%	6.2%	92.5%	1.2%
c.	Getting the health care you need	1.2%	10.0%	86.2%	2.5%
d.	Having inadequate transportation	0.0%	6.3%	91.1%	2.5%
e.	Feeling lonely, sad or isolated	1.2%	22.5%	75.0%	1.2%
f.	Having enough food to eat	0.0%	1.2%	97.5%	1.2%
g.	Affording the medications you need	0.0%	6.2%	92.5%	1.2%
h.	Having financial problems	0.0%	12.3%	85.2%	2.5%
i.	Feeling depressed	3.7%	28.4%	66.7%	1.2%
j.	Being physically or emotionally abused	0.0%	1.2%	97.5%	1.2%
k.	Being financially exploited	0.0%	2.5%	96.2%	1.2%
l.	Being a victim of crime	0.0%	1.2%	97.5%	1.2%
m.	Dealing with legal issues	2.5%	7.4%	88.9%	1.2%
n.	Performing everyday activities such as walking, bathing, or getting in and out of a chair	0.0%	7.4%	90.1%	2.5%
o.	Having too few activities or feeling bored	1.2%	15.0%	81.2%	2.5%

13. Have you recently needed any of the following, but could not afford them?

		Yes	No
a.	Eyeglasses	2.5%	97.5%
b.	Hearing aids	0.0%	100.0%
c.	Walkers/Wheelchairs/Canes	0.0%	100.0%
d.	Dentures	5.1%	94.9%
e.	Prescription medications	2.6%	97.4%
f.	Rent/Mortgage	1.2%	98.8%
g.	Utilities	2.5%	97.5%
h.	Taxes	3.8%	96.2%
i.	Insurance	1.2%	98.8%
j.	Food	1.2%	98.8%
k.	Gasoline	6.2%	93.8%

14. If you needed assistance, is there someone you could call for help? (*Select one*)

1.3% No **62.0%** Yes, a family member
13.9% Checked multiple **22.8%** Yes, a friend or neighbor
0.0% Yes, other

If yes, how far away does this person live?

83.8% 0-9 miles **4.1%** 26-50 miles **0.0%** 76-100 miles
2.7% 10-25 miles **6.8%** 51-75 miles **2.7%** Greater than 100 miles

15. Do you provide care for one or more family members or friends on a regular basis?

21.8% Yes **78.2%** No

Questions 16-23 are not reported by area because the number of respondents is not sufficient to report results without potentially compromising confidentiality.

16. For how many family members or friends do you provide care?

17. For whom do you provide care and about how many hours per week do you spend providing care for this person or these persons?

18. Are other family members or friends involved in the care of this person(s)?

19. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation.

20. How much do you spend every month of your money to provide care for this person(s)?

21. How often in the past two months have you felt stressed by your care giving?

22. Are you aware of service provided in your community that could help you provide care?

23. What kinds of help could you use more of in your caregiving?

24. How many years have you been a resident of your community?

<u>7.6%</u>	0-5	<u>6.3%</u>	11-15	<u>73.4%</u>	20 or more
<u>2.5%</u>	6-10	<u>10.1%</u>	16-20		

25. What is your age? 50-93 Range 66.7 Average 11.4 SD:

26. Overall, how do you rate your quality of life?

46.8% Very good 48.1% Good 5.1% Neither good nor bad 0.0% Bad 0.0% Very bad

27. Which of the following kinds of health insurance do you have?

7.2% Medicaid
48.2% Medicare
71.1% Private insurance
26.5% Other insurance

28. What is your gender?

43.0% Male 57.0% Female

29. Do you consider yourself to be Hispanic or Latino?

2.6 Yes 97.4% No

30. Which one or more of the following would you say is your race?

92.8% White
0.0% Black or African American
0.0% Native Hawaiian/Other Pacific Islander
1.2% American Indian, Alaskan Native
1.2% Other (Specify)

31. Do you currently rent or own your home?

5.1% Rent 92.4% Own 2.5% Other

32. Which of the following best describes where you live?

<u>87.8%</u>	Single family home	<u>0.0%</u>	Nursing home
<u>6.1%</u>	Townhouse, condo, duplex, or apartment	<u>0.0%</u>	Subsidized housing
<u>2.4%</u>	Mobile home	<u>2.4%</u>	Other
<u>1.2%</u>	Assisted living residence		

33. How many people, including yourself, live in your household?

<u>25.0%</u>	1 person	<u>1.2%</u>	4 people
<u>57.5%</u>	2 people	<u>1.2%</u>	5 or more people
<u>15.0%</u>	3 people		

34. Who lives with you? (check all that apply)

<u>73.5%</u>	Spouse (wife/husband)	<u>4.8%</u>	Other relative(s)
<u>0.0%</u>	Significant other	<u>1.2%</u>	Unrelated adults/friends
<u>9.6%</u>	At least one child	<u>2.4%</u>	Grandchildren/great-grandchildren
<u>1.2%</u>	Child(ren) and his/her/their family	<u>0.0%</u>	Other

35. What is your household income?

<u>2.7%</u>	Less than \$10,000	<u>6.8%</u>	\$40,000 to under \$50,000
<u>19.2%</u>	\$10,000 to under \$20,000	<u>6.8%</u>	\$50,000 to under \$60,000
<u>12.3%</u>	\$20,000 to under \$30,000	<u>13.7%</u>	\$60,000 to under \$75,000
<u>12.3%</u>	\$30,000 to under \$40,000	<u>26.0%</u>	\$75,000 or more

36. What is your marital status?

<u>74.1%</u>	Married	<u>2.5%</u>	Single
<u>13.6%</u>	Widowed	<u>0.0%</u>	Partnered
<u>9.9%</u>	Divorced	<u>0.0%</u>	Other

37. How much formal education have you completed?

<u>6.1%</u>	0-11 years, no diploma	<u>8.5%</u>	Associate's degree
<u>26.8%</u>	High school graduate / GED	<u>15.9%</u>	Bachelor's degree
<u>29.3%</u>	Some college or technical training	<u>13.4%</u>	Graduate or professional degree

38. What is your employment status?

<u>50.6%</u>	Retired	<u>7.6%</u>	Homemaker
<u>32.9%</u>	Working full-time	<u>2.5%</u>	Disabled
<u>6.3%</u>	Working part-time	<u>0.0%</u>	Other
<u>0.0%</u>	Unemployed, looking for work		

39. If you anticipate looking for employment, would you need re-training?

<u>30.6%</u>	Yes	<u>69.4%</u>	No
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40. Are there any other issues you are concerned about?

<u>23.4%</u>	Yes	<u>76.6%</u>	No
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Appendix E

Area III Results

Idaho Commission on Aging Community Needs Assessment Area III Results

1. My community is a good place to grow old?

91.7% Yes
8.3% No

2. For most of your trips, how do you travel? (*select one*)

<u>97.9%</u>	Drive or ride in a car	<u>0.0%</u>	Walk
<u>0.4%</u>	Take public transportation	<u>0.0%</u>	Not applicable – Never leave house
<u>0.4%</u>	Take a senior van, shuttle, or minibus	<u>1.1%</u>	Other
<u>0.4%</u>	Take a taxi		

3. In the past 12 months, how much help have you needed getting or arranging transportation?

1.8% A lot **7.7%** Some **90.5%** None

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (*check all that apply*)

<u>14.6%</u>	Have to rely on other(s)
<u>7.0%</u>	Unfamiliar with transportation options or systems
<u>5.9%</u>	Weather
<u>7.0%</u>	Not available when I need to go
<u>9.1%</u>	Car doesn't work/ problems with vehicle
<u>10.8%</u>	Transportation does not go where I need to go
<u>4.5%</u>	Can't afford it
<u>2.8%</u>	Don't know who to call
<u>4.9%</u>	Disability / health related reasons
<u>5.6%</u>	Not available in my community
<u>4.9%</u>	Too far / Distance related
<u>3.5%</u>	Other
<u>3.5%</u>	Have trouble getting around without someone to help

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	1.6 %	8.6 %	89.9%
b. Shopping	0.4%	7.4%	92.2%
c. Personal errands	0.4%	7.5%	92.1%
d. Recreational or social trips	1.2%	9.1%	89.7%

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

18.7% Yes **81.3%** No

7. How do you plan on paying for your long-term care in the future?

52.6% Medicare **17.1%** Long-term care insurance policy
14.6% Medicaid **37.6%** Other

8. How often do you use the following services or attend the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	42.2%	13.0%	15.2%	29.6%
b. Degree and non-degree courses	20.0%	3.9%	15.7%	60.4%
c. Exercise & Fitness / Workouts / Activities	43.1%	8.8%	19.1%	29.0%
d. Family activities	67.3%	15.0%	12.8%	4.9%
e. Library / Internet	62.3%	10.9%	8.7%	18.1%
f. Medical and pharmacy visits	80.9%	13.4%	1.8%	4.0%
g. Parks	58.3%	12.0%	12.8%	16.9%
h. Religion / worship	65.4%	7.0%	4.4%	23.2%
i. Senior centers	22.7%	3.1%	10.0%	64.2%
j. Shopping	78.2%	14.5%	3.6%	3.6%
k. Sporting events	47.4%	11.0%	9.2%	32.4%
l. Volunteer work	50.2%	7.8%	12.3%	29.7%
m. Working for pay	45.5%	4.5%	6.4%	43.6%

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

	Frequently	Sometimes	Never
a. Newspaper	65.2%	27.6%	7.2%
b. Radio	34.4%	43.5%	22.1%
c. Television	57.6%	34.2%	8.3%
d. Library	13.0%	39.7%	47.3%
e. Internet	50.4%	26.3%	23.3%
f. Word of mouth	48.9%	45.3%	5.8%
g. Senior publications	13.4%	40.3%	46.3%

10. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

	Without any help	With some help	Cannot do this at all
a. Prepare your meals	94.4%	4.9%	0.7%
b. Shop for personal items	92.6%	6.7%	0.7%
c. Manage your medications	96.8%	2.8%	0.4%
d. Manage your money	94.4%	5.6%	0.0%
e. Use a telephone	97.9%	2.1%	0.0%
f. Do light housework like dusting or vacuuming	89.7%	8.2%	2.1%
g. Do heavy housework like moving furniture or washing windows	62.8%	23.8%	13.5%
h. Do interior or exterior repairs	51.6%	32.9%	15.5%
i. Do yard work and snow shoveling	59.4%	25.6%	14.9%
j. Walk	89.1%	9.2%	1.8%
k. Eat	99.3%	0.7%	0.0%
l. Dress yourself	98.2%	1.8%	0.0%
m. Bathe	97.9%	2.1%	0.0%
n. Use the toilet	98.9%	0.7%	0.4%
o. Get in and out of bed	98.2%	1.8%	0.0%
p. Respond to emergencies	91.8%	7.8%	0.4%

11. How much practical support do you receive these days from the following sources?
Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

	A lot of support	Some support	A little support	No support
a. Your family	27.4%	16.4%	21.9%	34.3%
b. Your friends	11.8%	17.3%	25.8%	45.0%
c. Your neighbors	8.6%	11.2%	19.8%	60.4%
d. A church or spiritual group	11.6%	8.2%	12.7%	67.5%
e. A club or social group	3.7%	4.9%	6.0%	85.4%
f. A non-profit community agency	1.5%	2.7%	3.4%	92.4%

12. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

	Major problem	Minor problem	No problem	Anticipate having a problem in the future
a. Your physical health	14.0%	42.4%	41.7%	1.8%
b. Having housing suited to your needs	0.7%	4.3%	91.1%	4.0%
c. Getting the health care you need	3.2%	10.0%	84.2%	2.5%
d. Having inadequate transportation	1.1%	6.4%	90.7%	1.8%
e. Feeling lonely, sad or isolated	3.2%	14.3%	81.8%	0.7%
f. Having enough food to eat	0.7%	2.8%	95.7%	0.7%
g. Affording the medications you need	3.2%	11.8%	83.2%	1.8%
h. Having financial problems	3.9%	16.0%	76.2%	3.9%
i. Feeling depressed	3.6%	22.1%	72.9%	1.4%
j. Being physically or emotionally abused	0.0%	1.4%	98.2%	0.4%
k. Being financially exploited	0.4%	4.7%	94.6%	0.4%
l. Being a victim of crime	0.4%	2.9%	95.7%	1.1%
m. Dealing with legal issues	1.8%	6.5%	89.5%	2.2%
n. Performing everyday activities such as walking, bathing, or getting in and out of a chair	1.4%	6.8%	89.6%	2.1%
o. Having too few activities or feeling bored	2.8%	12.5%	82.6%	2.1%

13. Have you recently needed any of the following, but could not afford them?

	Yes	No
a. Eyeglasses	7.1%	92.9%
b. Hearing aids	8.7%	91.3%
c. Walkers/Wheelchairs/Canes	1.5%	98.5%
d. Dentures	6.2%	93.8%
e. Prescription medications	4.0%	96.0%
f. Rent/Mortgage	2.2%	97.8%
g. Utilities	1.8%	98.2%
h. Taxes	5.1%	94.9%
i. Insurance	7.2%	92.8%
j. Food	3.2%	96.8%
k. Gasoline	11.2%	88.8%

14. If you needed assistance, is there someone you could call for help? (*Select one*)

3.2% No **75.4%** Yes, a family member
10.7% Checked multiple **8.9%** Yes, a friend or neighbor
1.8% Yes, other

If yes, how far away does this person live?

82.8% 0-9 miles **3.1%** 26-50 miles **0.4%** 76-100 miles
11.1% 10-25 miles **0.4%** 51-75 miles **2.3%** Greater than 100 miles

15. Do you provide care for one or more family members or friends on a regular basis?

22.6% Yes **77.1%** No

Questions 16-23 are not reported by area because the number of respondents is not sufficient to report results without potentially compromising confidentiality.

16. For how many family members or friends do you provide care?

17. For whom do you provide care and about how many hours per week do you spend providing care for this person or these persons?

18. Are other family members or friends involved in the care of this person(s)?

19. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation.

20. How much do you spend every month of your money to provide care for this person(s)?

21. How often in the past two months have you felt stressed by your care giving?

22. Are you aware of service provided in your community that could help you provide care?

23. What kinds of help could you use more of in your caregiving?

24. How many years have you been a resident of your community?

<u>14.4%</u>	0-5	<u>10.5%</u>	11-15	<u>56.8%</u>	20 or more
<u>11.9%</u>	6-10	<u>6.3%</u>	16-20		

25. What is your age? 50-96 Range 66.8 Average 10.9 SD:

26. Overall, how do you rate your quality of life?

53.7% Very Good 39.2% Good 5.7% Neither good nor bad 1.1% Bad 0.4% Very bad

27. Which of the following kinds of health insurance do you have? (*check all that apply*)

<u>10.8%</u>	Medicaid	<u>66.9%</u>	Private insurance
<u>49.8%</u>	Medicare	<u>27.5%</u>	Other insurance

28. What is your gender?

43.0% Male 57.0% Female

**29. Do you consider yourself to be
Hispanic or Latino?**

1.8% Yes 98.2% No

**30. Which one or more of the following
would you say is your race?**

<u>95.5%</u>	White
<u>0.3%</u>	Black or African American
<u>0.3%</u>	Native Hawaiian/Other Pacific Islander
<u>1.0%</u>	American Indian, Alaskan Native
<u>2.4%</u>	Other (Specify)

31. Do you currently rent or own your home?

4.9% Rent **93.0%** Own **2.1%** Other

32. Which of the following best describes where you live?

<u>86.0%</u>	Single family home	<u>0.0%</u>	Nursing home
<u>6.0%</u>	Townhouse, condo, duplex, or apartment	<u>0.0%</u>	Subsidized housing
<u>6.7%</u>	Mobile home	<u>0.4%</u>	Other
<u>1.1%</u>	Assisted living residence		

33. How many people, including yourself, live in your household?

<u>24.4%</u>	1 person	<u>2.8%</u>	4 people
<u>64.7%</u>	2 people	<u>1.8%</u>	5 or more people
<u>6.4%</u>	3 people		

34. Who lives with you? (*check all that apply*)

<u>73.9%</u>	Spouse (wife/husband)	<u>1.7%</u>	Other relative(s)
<u>0.3%</u>	Significant other	<u>0.7%</u>	Unrelated adults/friends
<u>10.8%</u>	At least one child	<u>0.0%</u>	Grandchildren/great-grandchildren
<u>1.4%</u>	Child(ren) and his/her/their family	<u>0.7%</u>	Other

35. What is your household income?

<u>5.8%</u>	Less than \$10,000	<u>13.5%</u>	\$40,000 to under \$50,000
<u>13.5%</u>	\$10,000 to under \$20,000	<u>8.5%</u>	\$50,000 to under \$60,000
<u>13.9%</u>	\$20,000 to under \$30,000	<u>12.0%</u>	\$60,000 to under \$75,000
<u>11.6%</u>	\$30,000 to under \$40,000	<u>21.2%</u>	\$75,000 or more

36. What is your marital status?

<u>73.5%</u>	Married	<u>4.5%</u>	Single
<u>12.6%</u>	Widowed	<u>0.3%</u>	Partnered
<u>8.7%</u>	Divorced	<u>0.0%</u>	Other

37. How much formal education have you completed?

<u>4.2%</u> 0-11 years, no diploma	<u>3.2%</u> Associate's degree
<u>23.6%</u> High school graduate / GED	<u>18.7%</u> Bachelor's degree
<u>35.2%</u> Some college or technical training	<u>15.1%</u> Graduate or professional degree

38. What is your employment status?

<u>51.8%</u> Retired	<u>4.0%</u> Homemaker
<u>27.5%</u> Working full-time	<u>4.0%</u> Disabled
<u>10.1%</u> Working part-time	<u>2.2%</u> Other
<u>0.4%</u> Unemployed, looking for work	

39. If you anticipate looking for employment, would you need re-training?

<u>26.1%</u> Yes	<u>73.9%</u> No
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40. Are there any other issues you are concerned about?

<u>33.6%</u> Yes	<u>66.4%</u> No
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Appendix F

Area IV Results

Idaho Commission on Aging Community Needs Assessment Area IV Results

1. My community is a good place to grow old?

92.6% Yes
7.4% No

2. For most of your trips, how do you travel? (*select one*)

<u>99.2%</u>	Drive or ride in a car	<u>0.0%</u>	Walk
<u>0.0%</u>	Take public transportation	<u>0.0%</u>	Not applicable – Never leave house
<u>0.0%</u>	Take a senior van, shuttle, or minibus	<u>0.8%</u>	Other
<u>0.0%</u>	Take a taxi		

3. In the past 12 months, how much help have you needed getting or arranging transportation?

0.0% A lot 9.5% Some 90.5% None

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (*check all that apply*)

<u>12.7%</u>	Have to rely on other(s)
<u>7.1%</u>	Unfamiliar with transportation options or systems
<u>20.6%</u>	Weather
<u>6.3%</u>	Not available when I need to go
<u>9.5%</u>	Car doesn't work/ problems with vehicle
<u>4.8%</u>	Transportation does not go where I need to go
<u>10.3%</u>	Can't afford it
<u>4.0%</u>	Don't know who to call
<u>3.2%</u>	Disability / health related reasons
<u>5.6%</u>	Not available in my community
<u>4.0%</u>	Too far / Distance related
<u>4.8%</u>	Other
<u>2.4%</u>	Have trouble getting around without someone to help

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	1.7%	10.3%	88.0 %
b. Shopping	1.7%	5.2%	93.0%
c. Personal errands	2.6%	3.5%	93.9%
d. Recreational or social trips	0.9%	11.4%	87.7%

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

14.4% Yes **85.6%** No

7. How do you plan on paying for your long-term care in the future?

55.6% Medicare **9.5%** Long-term care insurance policy
19.8% Medicaid **34.9%** Other

8. How often do you use the following services or attend the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	40.3%	15.1%	16.0%	28.6%
b. Degree and non-degree courses	24.5%	3.6%	13.6%	58.2%
c. Exercise & Fitness / Workouts / Activities	34.9%	12.8%	19.3%	33.0%
d. Family activities	63.0%	16.8%	11.8%	8.4%
e. Library / Internet	54.4%	8.8%	11.4%	25.4%
f. Medical and pharmacy visits	77.5%	14.2%	4.2%	4.2%
g. Parks	54.2%	16.9%	11.9%	16.9%
h. Religion / worship	64.0%	10.5%	8.8%	16.7%
i. Senior centers	29.5%	3.6%	8.9%	58.0%
j. Shopping	77.1%	13.6%	6.8%	2.5%
k. Sporting events	51.3%	9.7%	8.8%	30.1%
l. Volunteer work	40.2%	7.1%	21.4%	31.2%
m. Working for pay	42.0%	9.8%	5.4%	42.9%

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

		Frequently	Sometimes	Never
a.	Newspaper	64.8%	29.5%	5.7%
b.	Radio	31.3%	46.1%	22.6%
c.	Television	57.0%	36.4%	6.6%
d.	Library	14.9%	22.8%	62.3%
e.	Internet	40.9%	25.2%	33.9%
f.	Word of mouth	41.7%	50.8%	7.5%
g.	Senior publications	17.5%	36.0%	46.5%

10. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

		Without any help	With some help	Cannot do this at all
a.	Prepare your meals	96.0%	4.0%	0.0%
b.	Shop for personal items	97.6%	2.4%	0.0%
c.	Manage your medications	95.2%	4.8%	0.0%
d.	Manage your money	95.2%	4.8%	0.0%
e.	Use a telephone	97.6%	2.4%	0.0%
f.	Do light housework like dusting or vacuuming	89.7%	8.7%	1.6%
g.	Do heavy housework like moving furniture or washing windows	53.2%	36.5%	10.3%
h.	Do interior or exterior repairs	46.0%	38.4%	15.2%
i.	Do yard work and snow shoveling	61.1%	28.6%	10.3%
j.	Walk	92.8%	5.6%	1.6%
k.	Eat	99.2%	0.8%	0.0%
l.	Dress yourself	99.2%	0.8%	0.0%
m.	Bathe	98.4%	1.6%	0.0%
n.	Use the toilet	99.2%	0.8%	0.0%
o.	Get in and out of bed	99.2%	0.8%	0.0%
p.	Respond to emergencies	95.2%	4.8%	0.0%

11. How much practical support do you receive these days from the following sources?
Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

		A lot of support	Some support	A little support	No support
a.	Your family	26.9%	21.0%	20.2%	31.9%
b.	Your friends	7.7%	23.1%	25.6%	43.6%
c.	Your neighbors	6.8%	19.5%	23.7%	50.0%
d.	A church or spiritual group	8.9%	8.0%	14.3%	68.8%
e.	A club or social group	3.5%	2.6%	8.8%	85.1%
f.	A non-profit community agency	0.0%	1.8%	5.3%	92.9%

12. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

		Major problem	Minor problem	No problem	Anticipate having a problem in the future
a.	Your physical health	12.3%	47.5%	34.4%	5.7%
b.	Having housing suited to your needs	1.6%	7.3%	85.5%	5.6%
c.	Getting the health care you need	7.3%	11.4%	80.5%	0.8%
d.	Having inadequate transportation	.8%	8.3%	89.2%	1.7%
e.	Feeling lonely, sad or isolated	3.3%	18.2%	77.7%	0.8%
f.	Having enough food to eat	1.7%	2.5%	95.9%	0.0%
g.	Affording the medications you need	4.1%	17.4%	73.6%	5.0%
h.	Having financial problems	6.7%	15.8%	71.7%	5.8%
i.	Feeling depressed	2.5%	26.4%	69.4%	1.7%
j.	Being physically or emotionally abused	0.0%	0.8%	97.5%	1.7%
k.	Being financially exploited	0.8%	6.7%	91.7%	0.8%
l.	Being a victim of crime	0.0%	3.3%	95.9%	0.8%
m.	Dealing with legal issues	0.8%	7.5%	90.8%	0.8%
n.	Performing everyday activities such as walking, bathing, or getting in and out of a chair	0.0%	3.4%	95.0%	1.7%
o.	Having too few activities or feeling bored	0.0%	14.0%	86.0%	0.0%

13. Have you recently needed any of the following, but could not afford them?

		Yes	No
a.	Eyeglasses	12.4%	87.6%
b.	Hearing aids	9.1%	90.9%
c.	Walkers/Wheelchairs/Canes	0.0%	100.0%
d.	Dentures	10.2%	89.8%
e.	Prescription medications	7.5%	92.5%
f.	Rent/Mortgage	3.3%	96.7%
g.	Utilities	4.1%	95.9%
h.	Taxes	6.6%	93.4%
i.	Insurance	8.3%	91.7%
j.	Food	4.1%	95.9%
k.	Gasoline	22.1%	77.9%

14. If you needed assistance, is there someone you could call for help? (*Select one*)

3.3% No **71.1%** Yes, a family member
14.0% Checked multiple **9.1%** Yes, a friend or neighbor
2.5% Yes, other

If yes, how far away does this person live?

80.2% 0-9 miles **2.7%** 26-50 miles **0.0%** 76-100 miles
9.9% 10-25 miles **0.0%** 51-75 miles **6.3%** Greater than 100 miles

15. Do you provide care for one or more family members or friends on a regular basis?

25.6% Yes **74.4%** No

Questions 16-23 are not reported by area because the number of respondents is not sufficient to report results without potentially compromising confidentiality.

16. For how many family members or friends do you provide care?

17. For whom do you provide care and about how many hours per week do you spend providing care for this person or these persons?

18. Are other family members or friends involved in the care of this person(s)?

19. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation.

20. How much do you spend every month of your money to provide care for this person(s)?

21. How often in the past two months have you felt stressed by your care giving?

22. Are you aware of service provided in your community that could help you provide care?

23. What kinds of help could you use more of in your caregiving?

24. How many years have you been a resident of your community?

<u>8.9%</u>	0-5	<u>7.3%</u>	11-15	<u>70.7%</u>	20 or more
<u>7.3%</u>	6-10	<u>5.7%</u>	16-20		

25. What is your age? 51-91 Range 68.1 Average 10.4 SD

26. Overall, how do you rate your quality of life?

39.3% Very good 48.4% Good 12.3% Neither good nor bad 0.0% Bad 0.0% Very bad

27. Which of the following kinds of health insurance do you have? (*check all that apply*)

<u>9.5%</u> Medicaid	<u>55.6%</u> Private insurance
<u>55.6%</u> Medicare	<u>34.9%</u> Other insurance

28. What is your gender?

43.2% Male 56.8% Female

29. Do you consider yourself to be Hispanic or Latino?

0.8% Yes 99.2% No

30. Which one or more of the following would you say is your race?

<u>96.0%</u>	White
<u>0.0%</u>	Black or African American
<u>0.0%</u>	Native Hawaiian/Other Pacific Islander
<u>0.8%</u>	American Indian, Alaskan Native
<u>1.6%</u>	Other (Specify)

31. Do you currently rent or own your home?

8.0% Rent **88.0%** Own **4.0%** Other

32. Which of the following best describes where you live?

<u>87.1%</u>	Single family home	<u>0.0%</u>	Nursing home
<u>7.3%</u>	Townhouse, condo, duplex, or apartment	<u>0.8%</u>	Subsidized housing
<u>3.2%</u>	Mobile home	<u>1.6%</u>	Other
<u>0.0%</u>	Assisted living residence		

33. How many people, including yourself, live in your household?

<u>30.1%</u>	1 person	<u>3.3%</u>	4 people
<u>61.0%</u>	2 people	<u>0.0%</u>	5 or more people
<u>5.7%</u>	3 people		

34. Who lives with you? (*check all that apply*)

<u>65.9%</u>	Spouse (wife/husband)	<u>0.8%</u>	Other relative(s)
<u>2.4%</u>	Significant other	<u>1.6%</u>	Unrelated adults/friends
<u>7.1%</u>	At least one child	<u>1.6%</u>	Grandchildren/great-grandchildren
<u>1.6%</u>	Child(ren) and his/her/their family	<u>2.4%</u>	Other

35. What is your household income?

<u>3.6%</u>	Less than \$10,000	<u>15.5%</u>	\$40,000 to under \$50,000
<u>16.4%</u>	\$10,000 to under \$20,000	<u>10.9%</u>	\$50,000 to under \$60,000
<u>18.2%</u>	\$20,000 to under \$30,000	<u>8.2%</u>	\$60,000 to under \$75,000
<u>14.5%</u>	\$30,000 to under \$40,000	<u>12.7%</u>	\$75,000 or more

36. What is your marital status?

<u>68.3%</u>	Married	<u>2.4%</u>	Single
<u>18.3%</u>	Widowed	<u>0.0%</u>	Partnered
<u>10.3%</u>	Divorced	<u>0.8%</u>	Other

37. How much formal education have you completed?

<u>8.8%</u>	0-11 years, no diploma	<u>4.0%</u>	Associate's degree
<u>28.8%</u>	High school graduate / GED	<u>12.8%</u>	Bachelor's degree
<u>33.6%</u>	Some college or technical training	<u>12.0%</u>	Graduate or professional degree

38. What is your employment status?

<u>50.9%</u>	Retired	<u>6.9%</u>	Homemaker
<u>28.4%</u>	Working full-time	<u>2.6%</u>	Disabled
<u>9.5%</u>	Working part-time	<u>1.7%</u>	Other
<u>0.0%</u>	Unemployed, looking for work		

39. If you anticipate looking for employment, would you need re-training?

<u>28.3%</u>	Yes	<u>71.7%</u>	No
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40. Are there any other issues you are concerned about?

<u>30.8%</u>	Yes	<u>69.2%</u>	No
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Appendix G

Area V Results

Idaho Commission on Aging Community Needs Assessment Area V Results

1. My community is a good place to grow old?

90.9% Yes
9.1% No

2. For most of your trips, how do you travel? (*select one*)

<u>96.4%</u>	Drive or ride in a car	<u>1.2%</u>	Walk
<u>0.0%</u>	Take public transportation	<u>0.0%</u>	Not applicable – Never leave house
<u>1.2%</u>	Take a senior van, shuttle, or minibus	<u>1.2%</u>	Other
<u>0.0%</u>	Take a taxi		

3. In the past 12 months, how much help have you needed getting or arranging transportation?

4.5% A lot **13.6%** Some **81.8%** None

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (*check all that apply*)

<u>20.0%</u>	Have to rely on other(s)
<u>3.3%</u>	Unfamiliar with transportation options or systems
<u>20.0%</u>	Weather
<u>5.6%</u>	Not available when I need to go
<u>13.3%</u>	Car doesn't work/ problems with vehicle
<u>6.7%</u>	Transportation does not go where I need to go
<u>11.1%</u>	Can't afford it
<u>3.3%</u>	Don't know who to call
<u>7.8%</u>	Disability / health related reasons
<u>6.7%</u>	Not available in my community
<u>2.2%</u>	Too far / Distance related
<u>5.6%</u>	Other
<u>6.7%</u>	Have trouble getting around without someone to help

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	0.0 %	13.8%	86.2%
b. Shopping	1.2%	12.5%	86.2%
c. Personal errands	0.0%	12.5%	87.5%
d. Recreational or social trips	1.3%	7.8%	90.9%

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

17.0% Yes **83.0%** No

7. How do you plan on paying for your long-term care in the future?

56.7% Medicare **13.3%** Long-term care insurance policy
21.1% Medicaid **34.4%** Other

8. How often do you use the following services or attend the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	46.4%	20.2%	13.1%	20.2%
b. Degree and non-degree courses	19.0%	5.1%	20.3%	55.7%
c. Exercise & Fitness / Workouts / Activities	41.0%	8.4%	27.7%	22.9%
d. Family activities	66.7%	18.4%	11.5%	3.4%
e. Library / Internet	58.4%	18.2%	7.8%	15.6%
f. Medical and pharmacy visits	79.3%	14.9%	1.1%	4.6%
g. Parks	57.6%	18.8%	14.1%	9.4%
h. Religion / worship	69.9%	7.2%	3.6%	19.3%
i. Senior centers	22.0%	7.3%	8.5%	62.2%
j. Shopping	70.9%	19.8%	3.5%	5.8%
k. Sporting events	56.1%	12.2%	13.4%	18.3%
l. Volunteer work	44.2%	15.1%	15.1%	25.6%
m. Working for pay	45.7%	9.9%	8.6%	35.8%

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

	Frequently	Sometimes	Never
a. Newspaper	69.0%	24.1%	6.9%
b. Radio	42.0%	37.0%	21.0%
c. Television	70.2%	26.2%	3.6%
d. Library	12.3%	44.4%	43.2%
e. Internet	45.1%	24.4%	30.5%
f. Word of mouth	47.6%	47.6%	4.8%
g. Senior publications	13.3%	43.4%	43.4%

10. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

	Without any help	With some help	Cannot do this at all
a. Prepare your meals	94.4%	3.3%	2.2%
b. Shop for personal items	91.0%	6.7%	2.2%
c. Manage your medications	90.8%	6.9%	2.3%
d. Manage your money	91.0%	7.9%	1.1%
e. Use a telephone	95.5%	3.4%	1.1%
f. Do light housework like dusting or vacuuming	88.9%	4.4%	6.7%
g. Do heavy housework like moving furniture or washing windows	61.1%	25.6%	13.3%
h. Do interior or exterior repairs	52.8%	36.0%	11.2%
i. Do yard work and snow shoveling	62.2%	23.3%	14.4%
j. Walk	86.5%	11.2%	2.2%
k. Eat	97.8%	2.2%	0.0%
l. Dress yourself	96.7%	2.2%	1.1%
m. Bathe	95.6%	2.2%	2.2%
n. Use the toilet	97.8%	2.2%	0.0%
o. Get in and out of bed	96.7%	3.3%	0.0%
p. Respond to emergencies	88.9%	10.0%	1.1%

11. How much practical support do you receive these days from the following sources?
Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

	A lot of support	Some support	A little support	No support
a. Your family	25.0%	17.0%	20.5%	37.5%
b. Your friends	10.1%	16.9%	25.8%	47.2%
c. Your neighbors	3.4%	19.3%	27.7%	54.5%
d. A church or spiritual group	9.2%	18.4%	16.1%	56.3%
e. A club or social group	3.5%	3.5%	5.8%	87.2%
f. A non-profit community agency	2.3%	1.1%	6.9%	89.7%

12. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

	Major problem	Minor problem	No problem	Anticipate having a problem in the future
a. Your physical health	20.2%	41.6%	32.6%	5.6%
b. Having housing suited to your needs	2.3%	10.5%	79.1%	8.1%
c. Getting the health care you need	1.1%	19.1%	74.2%	5.6%
d. Having inadequate transportation	1.1%	12.5%	85.2%	1.1%
e. Feeling lonely, sad or isolated	1.1%	21.3%	77.5%	0.0%
f. Having enough food to eat	2.2%	3.4%	94.4%	0.0%
g. Affording the medications you need	5.8%	16.3%	70.9%	7.0%
h. Having financial problems	5.7%	21.6%	67.0%	5.7%
i. Feeling depressed	2.2%	27.0%	69.7%	1.1%
j. Being physically or emotionally abused	0.0%	0.0%	100.0%	0.0%
k. Being financially exploited	1.1%	3.4%	95.5%	0.0%
l. Being a victim of crime	0.0%	2.2%	97.8%	0.0%
m. Dealing with legal issues	0.0%	10.2%	88.6%	1.1%
n. Performing everyday activities such as walking, bathing, or getting in and out of a chair	3.4%	9.1%	83.0%	4.5%
o. Having too few activities or feeling bored	1.1%	20.5%	77.3%	1.1%

13. Have you recently needed any of the following, but could not afford them?

	Yes	No
a. Eyeglasses	14.8%	85.2%
b. Hearing aids	11.8%	88.2%
c. Walkers/Wheelchairs/Canes	2.4%	97.6%
d. Dentures	5.8%	94.2%
e. Prescription medications	9.4%	90.6%
f. Rent/Mortgage	3.6%	96.4%
g. Utilities	4.7%	95.3%
h. Taxes	5.9%	94.1%
i. Insurance	10.6%	89.4%
j. Food	8.1%	91.9%
k. Gasoline	20.0%	80.0%

14. If you needed assistance, is there someone you could call for help? (*Select one*)

1.1% No **71.6%** Yes, a family member
14.8% Checked multiple **12.5%** Yes, a friend or neighbor
0.0% Yes, other

If yes, how far away does this person live?

84.5% 0-9 miles **4.8%** 26-50 miles **1.2%** 76-100 miles
6.0% 10-25 miles **1.2%** 51-75 miles **2.4%** Greater than 100 miles

15. Do you provide care for one or more family members or friends on a regular basis?

31.4% Yes **68.6%** No

Questions 16-23 are not reported by area because the number of respondents is not sufficient to report results without potentially compromising confidentiality.

16. For how many family members or friends do you provide care?

17. For whom do you provide care and about how many hours per week do you spend providing care for this person or these persons?

18. Are other family members or friends involved in the care of this person(s)?

19. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation.

20. How much do you spend every month of your money to provide care for this person(s)?

21. How often in the past two months have you felt stressed by your care giving?

22. Are you aware of service provided in your community that could help you provide care?

23. What kinds of help could you use more of in your caregiving?

24. How many years have you been a resident of your community?

<u>9.1%</u>	0-5	<u>4.5%</u>	11-15	<u>73.9%</u>	20 or more
<u>3.4%</u>	6-10	<u>9.1%</u>	16-20		

25. What is your age? 50-97 Range 65.99 Avg. 11.4 SD

26. Overall, how do you rate your quality of life?

40.2% Very good 48.3% Good 8.0% Neither good nor bad 2.3% Bad 1.1% Very bad

27. Which of the following kinds of health insurance do you have? (*check all that apply*)

<u>8.9%</u>	Medicaid	<u>60.0%</u>	Private insurance
<u>47.8%</u>	Medicare	<u>27.8%</u>	Other insurance

28. What is your gender?

51.7% Male 48.3% Female

29. Do you consider yourself to be Hispanic or Latino?

1.1% Yes 96.7% No

30. Which one or more of the following would you say is your race?

97.8% White
0.0% Black or African American
0.0% Native Hawaiian/Other Pacific Islander
2.2% American Indian, Alaskan Native
1.1% Other (Specify)

31. Do you currently rent or own your home?

7.9% Rent **89.9%** Own **2.2%** Other

32. Which of the following best describes where you live?

<u>88.8%</u>	Single family home	<u>0.0%</u>	Nursing home
<u>4.5%</u>	Townhouse, condo, duplex, or apartment	<u>1.1%</u>	Subsidized housing
<u>2.2%</u>	Mobile home	<u>2.2%</u>	Other
<u>1.1%</u>	Assisted living residence		

33. How many people, including yourself, live in your household?

<u>23.3%</u>	1 person	<u>4.4%</u>	4 people
<u>51.1%</u>	2 people	<u>7.8%</u>	5 or more people
<u>13.3%</u>	3 people		

34. Who lives with you? (*check all that apply*)

<u>71.1%</u>	Spouse (wife/husband)	<u>2.2%</u>	Other relative(s)
<u>1.1%</u>	Significant other	<u>1.1%</u>	Unrelated adults/friends
<u>24.4%</u>	At least one child	<u>1.1%</u>	Grandchildren/great-grandchildren
<u>1.1%</u>	Child(ren) and his/her/their family	<u>2.2%</u>	Other

35. What is your household income?

<u>4.9%</u>	Less than \$10,000	<u>14.8%</u>	\$40,000 to under \$50,000
<u>14.8%</u>	\$10,000 to under \$20,000	<u>7.4%</u>	\$50,000 to under \$60,000
<u>16.0%</u>	\$20,000 to under \$30,000	<u>7.4%</u>	\$60,000 to under \$75,000
<u>9.9%</u>	\$30,000 to under \$40,000	<u>24.7%</u>	\$75,000 or more

36. What is your marital status?

<u>73.0%</u>	Married	<u>4.5%</u>	Single
<u>15.7%</u>	Widowed	<u>0.0%</u>	Partnered
<u>6.7%</u>	Divorced	<u>0.0%</u>	Other

37. How much formal education have you completed?

<u>6.7%</u>	0-11 years, no diploma	<u>4.4%</u>	Associate's degree
<u>15.6%</u>	High school graduate / GED	<u>15.6%</u>	Bachelor's degree
<u>43.3%</u>	Some college or technical training	<u>14.4%</u>	Graduate or professional degree

38. What is your employment status?

<u>52.5%</u>	Retired	<u>2.5%</u>	Homemaker
<u>33.8%</u>	Working full-time	<u>2.5%</u>	Disabled
<u>3.8%</u>	Working part-time	<u>3.8%</u>	Other
<u>1.2%</u>	Unemployed, looking for work		

39. If you anticipate looking for employment, would you need re-training?

<u>29.6%</u>	Yes	<u>70.4%</u>	No
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40. Are there any other issues you are concerned about?

<u>31.4%</u>	Yes	<u>68.6%</u>	No
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Appendix H

Area VI Results

Idaho Commission on Aging Community Needs Assessment Area VI Results

1. My community is a good place to grow old?

93.9% Yes
6.1% No

2. For most of your trips, how do you travel? (*select one*)

Drive or ride in a car	<u>99.0%</u>	Walk	<u>0.0%</u>
Take public transportation	<u>1.0%</u>	Not applicable – Never leave house	<u>0.0%</u>
Take a senior van, shuttle, or minibus	<u>0.0%</u>	Other	<u>0.0%</u>
Take a taxi	<u>0.0%</u>		

3. In the past 12 months, how much help have you needed getting or arranging transportation?

A lot **1.0%** Some **7.7%** None **91.3%**

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (*check all that apply*)

12.4% Have to rely on other(s)
4.8% Unfamiliar with transportation options or systems
12.4% Weather
1.9% Not available when I need to go
10.5% Car doesn't work/ problems with vehicle
6.7% Transportation does not go where I need to go
6.7% Can't afford it
1.9% Don't know who to call
6.7% Disability / health related reasons
7.6% Not available in my community
2.9% Too far / Distance related
4.8% Other
1.9% Have trouble getting around without someone to help

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	1.0 %	3.1%	95.9%
b. Shopping	3.1%	5.2%	91.8%
c. Personal errands	1.0%	4.1%	94.8%
d. Recreational or social trips	1.0%	11.5%	87.5%

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

25.0% Yes

75.0% No

7. How do you plan on paying for your long-term care in the future?

59.0% Medicare

22.9% Long-term care insurance policy

13.3% Medicaid

28.6% Other

8. How often do you use the following services or attend the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	47.5%	11.1%	6.1%	35.4%
b. Degree and non-degree courses	28.3%	5.4%	17.4%	48.9%
c. Exercise & Fitness / Workouts / Activities	48.0%	7.1%	17.3%	27.6%
d. Family activities	70.0%	16.0%	6.0%	8.0%
e. Library / Internet	69.4%	6.1%	7.1%	17.3%
f. Medical and pharmacy visits	80.2%	7.9%	4.0%	7.9%
g. Parks	64.4%	8.9%	12.9%	13.9%
h. Religion / worship	74.0%	3.0%	5.0%	18.0%
i. Senior centers	31.6%	1.1%	4.2%	63.2%
j. Shopping	73.1%	11.5%	6.7%	8.7%
k. Sporting events	55.7%	5.2%	7.2%	32.0%
l. Volunteer work	54.1%	9.2%	11.2%	25.5%
m. Working for pay	52.6%	7.4%	6.3%	33.7%

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

	Frequently	Sometimes	Never
a. Newspaper	60.0%	24.0%	15.4%
b. Radio	34.7%	39.6%	25.7%
c. Television	57.7%	27.9%	14.4%
d. Library	14.9%	37.6%	47.5%
e. Internet	45.6%	28.2%	26.2%
f. Word of mouth	41.6%	50.5%	7.9%
g. Senior publications	14.7%	39.2%	46.1%

10. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

	Without any help	With some help	Cannot do this at all
a. Prepare your meals	97.1%	2.9%	0.0%
b. Shop for personal items	95.2%	3.8%	1.0%
c. Manage your medications	100%	0.0%	0.0%
d. Manage your money	95.2%	2.9%	1.9%
e. Use a telephone	100.0%	0.0%	0.0%
f. Do light housework like dusting or vacuuming	95.2%	3.8%	1.0%
g. Do heavy housework like moving furniture or washing windows	72.8%	21.4%	5.8%
h. Do interior or exterior repairs	53.8%	39.4%	6.7%
i. Do yard work and snow shoveling	69.9%	22.3%	7.8%
j. Walk	94.3%	4.8%	1.0%
k. Eat	100.0%	0.0%	0.0%
l. Dress yourself	99.0%	1.0%	0.0%
m. Bathe	100.0%	0.0%	0.0%
n. Use the toilet	100.0%	0.0%	0.0%
o. Get in and out of bed	100.0%	0.0%	0.0%
p. Respond to emergencies	95.2%	4.8%	0.0%

11. How much practical support do you receive these days from the following sources?
Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

	A lot of support	Some support	A little support	No support
a. Your family	22.1%	12.5%	25.0%	40.4%
b. Your friends	8.0%	18.0%	16.0%	58.0%
c. Your neighbors	5.0%	14.0%	21.0%	60.0%
d. A church or spiritual group	11.0%	13.0%	12.0%	64.0%
e. A club or social group	3.0%	2.0%	8.1%	86.9%
f. A non-profit community agency	1.0%	1.0%	2.0%	95.9%

12. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

	Major problem	Minor problem	No problem	Anticipate having a problem in the future
a. Your physical health	15.7%	39.2%	42.2%	2.9%
b. Having housing suited to your needs	0.0%	6.7%	92.3%	1.0%
c. Getting the health care you need	5.7%	5.7%	86.7%	1.9%
d. Having inadequate transportation	0.0%	6.7%	90.4%	2.9%
e. Feeling lonely, sad or isolated	5.7%	15.2%	79.0%	0.0%
f. Having enough food to eat	1.0%	3.8%	94.2%	1.0%
g. Affording the medications you need	5.7%	13.3%	79.0%	1.9%
h. Having financial problems	2.9%	21.9%	71.4%	3.8%
i. Feeling depressed	5.8%	23.3%	69.9%	1.0%
j. Being physically or emotionally abused	0.0%	1.0%	98.1%	1.0%
k. Being financially exploited	1.9%	2.9%	92.4%	1.0%
l. Being a victim of crime	0.0%	1.9%	96.2%	1.9%
m. Dealing with legal issues	1.0%	9.7%	87.47%	1.9%
n. Performing everyday activities such as walking, bathing, or getting in and out of a chair	1.0%	7.6%	88.6%	2.9%
o. Having too few activities or feeling bored	2.9%	9.5%	87.5%	0.0%

13. Have you recently needed any of the following, but could not afford them?

	Yes	No
a. Eyeglasses	11.54%	88.5%
b. Hearing aids	18.3%	81.7%
c. Walkers/Wheelchairs/Canes	2.9%	97.1%
d. Dentures	10.6%	89.4%
e. Prescription medications	7.8%	92.2%
f. Rent/Mortgage	2.9%	97.1%
g. Utilities	3.8%	96.2%
h. Taxes	4.8%	95.2%
i. Insurance	6.8%	93.2%
j. Food	2.9%	97.1%
k. Gasoline	16.3%	83.7%

14. If you needed assistance, is there someone you could call for help? (*Select one*)

2.9% No **76.0%** Yes, a family member
10.6% Checked multiple **10.6%** Yes, a friend or neighbor
0.0% Yes, other

If yes, how far away does this person live?

79.0% 0-9 miles **3.0%** 26-50 miles **1.0%** 76-100 miles
13.0% 10-25 miles **1.0%** 51-75 miles **3.0%** Greater than 100 miles

15. Do you provide care for one or more family members or friends on a regular basis?

25.5% Yes **74.5%** No

Questions 16-23 are not reported by area because the number of respondents is not sufficient to report results without potentially compromising confidentiality.

16. For how many family members or friends do you provide care?

17. For whom do you provide care and about how many hours per week do you spend providing care for this person or these persons?

18. Are other family members or friends involved in the care of this person(s)?

19. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation.

20. How much do you spend every month of your money to provide care for this person(s)?

21. How often in the past two months have you felt stressed by your care giving?

22. Are you aware of service provided in your community that could help you provide care?

23. What kinds of help could you use more of in your caregiving?

24. How many years have you been a resident of your community?

<u>7.8%</u> 0-5	<u>7.8%</u> 11-15	<u>68.9%</u> 20 or more
<u>5.8%</u> 6-10	<u>9.7%</u> 16-20	

25. What is your age? 50-92 Range 65.20 Avg. 9.7 SD

26. Overall, how do you rate your quality of life?

51.9% Very good 38.5% Good 8.7% Neither good nor bad 1.0% Bad 1.0% Very bad

27. Which of the following kinds of health insurance do you have? (*check all that apply*)

<u>7.6%</u> Medicaid	<u>66.7%</u> Private insurance
<u>48.6%</u> Medicare	<u>27.6%</u> Other insurance

28. What is your gender?

38.5% Male 61.5% Female

29. Do you consider yourself to be Hispanic or Latino?

0.0% Yes 100.0% No

30. Which one or more of the following would you say is your race?

99.0% White
0.0% Black or African American
0.0% Native Hawaiian/Other Pacific Islander
1.0% American Indian, Alaskan Native
0.0% Other (Specify)

31. Do you currently rent or own your home?

3.8% Rent **92.4%** Own **3.8%** Other

32. Which of the following best describes where you live?

<u>86.5%</u> Single family home	<u>0.0%</u> Nursing home
<u>9.6%</u> Townhouse, condo, duplex, or apartment	<u>0.0%</u> Subsidized housing
<u>2.9%</u> Mobile home	<u>0.0%</u> Other
<u>1.0%</u> Assisted living residence	

33. How many people, including yourself, live in your household?

<u>18.1%</u> 1 person	<u>6.7%</u> 4 people
<u>62.9%</u> 2 people	<u>4.8%</u> 5 or more people
<u>7.6%</u> 3 people	

34. Who lives with you? (*check all that apply*)

<u>77.1%</u> Spouse (wife/husband)	<u>1.9%</u> Other relative(s)
<u>0.0%</u> Significant other	<u>0.0%</u> Unrelated adults/friends
<u>18.1%</u> At least one child	<u>1.0%</u> Grandchildren/great-grandchildren
<u>2.9%</u> Child(ren) and his/her/their family	<u>1.0%</u> Other

35. What is your household income?

<u>3.1%</u> Less than \$10,000	<u>7.2%</u> \$40,000 to under \$50,000
<u>14.4%</u> \$10,000 to under \$20,000	<u>6.2%</u> \$50,000 to under \$60,000
<u>15.5%</u> \$20,000 to under \$30,000	<u>13.4%</u> \$60,000 to under \$75,000
<u>15.5%</u> \$30,000 to under \$40,000	<u>24.7%</u> \$75,000 or more

36. What is your marital status?

<u>79.6%</u> Married	<u>3.9%</u> Single
<u>6.8%</u> Widowed	<u>0.0%</u> Partnered
<u>9.7%</u> Divorced	<u>0.0%</u> Other

37. How much formal education have you completed?

<u>3.8%</u> 0-11 years, no diploma	<u>7.6%</u> Associate's degree
<u>18.1%</u> High school graduate / GED	<u>26.7%</u> Bachelor's degree
<u>27.6%</u> Some college or technical training	<u>16.2%</u> Graduate or professional degree

38. What is your employment status?

<u>53.6%</u>	Retired	<u>5.2 %</u>	Homemaker
<u>29.9%</u>	Working full-time	<u>4.1%</u>	Disabled
<u>7.2%</u>	Working part-time	<u>0.0%</u>	Other
<u>0.0%</u>	Unemployed, looking for work		

39. If you anticipate looking for employment, would you need re-training?

<u>23.4%</u>	Yes	<u>76.6%</u>	No
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40. Are there any other issues you are concerned about?

<u>28.9%</u>	Yes	<u>71.1%</u>	No
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Appendix I Survey Instrument

Dear Fellow Idahoan:

You have been selected to receive this survey from the Idaho Commission on Aging and the Center for the Study of Aging at Boise State University. The survey is part of our effort to identify ways to improve the quality of long-term care services for people in Idaho. Participation in this survey is completely voluntary. It should take about 20 minutes to complete.

The Idaho Commission on Aging (ICOA) is the sole state agency to administer programs and services for Idahoans 60 years of age and older funded by the federal Older Americans Act and the Idaho Senior Services Act. You are part of a group of people 50 years and older in Idaho being asked for your opinions to provide information for current and future planning efforts. Answering this survey gives you a chance to tell us about your values, priorities and concerns. We want to know how you feel, and what you know and think about the choices available as you age. Your responses will help shape future services provided to older Idahoans. Information from the Idaho survey will make it possible to tailor programs to specific needs in Idaho and more effectively promote services needed by you and your family.

If you choose to complete the paper survey, please return it in the pre-paid envelope by June 30, 2008. For this research project, we are requesting demographic information. Due to the make-up of Idaho's population, the combined answers to these questions may make an individual person identifiable. We will make every effort to protect participants' confidentiality. However, if you are uncomfortable answering any of these questions, you may leave them blank. ***All survey responses will be kept completely confidential and no individual replies will be reported.***

If you have any comments or questions about this survey, please contact Carissa Miller at (208) 426-5802, or the Institutional Review Board at Boise State University, Office of Research Administration, 1910 University Drive, Boise, ID 83725-1135 or (208) 426-1574.

We thank you for your time and appreciate your assistance with this important project.

Sincerely,

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Researcher
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Idaho Commission on Aging Community Needs Assessment

For each survey item below, ☐ check the box that best represents your opinion or experience.

1. My community is a good place to grow old?

- ☐₁ Yes
☐₀ No

If No, please explain _____

2. For most of your trips, how do you travel? (select one)

- | | |
|---|---|
| <input type="radio"/> ₁ Drive or ride in a car | <input type="radio"/> ₅ Walk |
| <input type="radio"/> ₂ Take public transportation | <input type="radio"/> ₆ Not applicable – Never leave house |
| <input type="radio"/> ₃ Take a senior van, shuttle, or minibus | <input type="radio"/> ₇ Other _____ |
| <input type="radio"/> ₄ Take a taxi | |

3. In the past 12 months, how much help have you needed getting or arranging transportation?

- ☐₁ A lot ☐₂ Some ☐₃ None

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (check all that apply)

<input type="checkbox"/> _A Have to rely on other(s)	<input type="checkbox"/> _F Unfamiliar with transportation options or systems	<input type="checkbox"/> _J Weather
<input type="checkbox"/> _B Not available when I need to go	<input type="checkbox"/> _G Car doesn't work/ problems with vehicle	<input type="checkbox"/> _K Transportation does not go where I need to go
<input type="checkbox"/> _C Can't afford it	<input type="checkbox"/> _H Don't know who to call	<input type="checkbox"/> _L Disability / health related reasons
<input type="checkbox"/> _D Not available in my community	<input type="checkbox"/> _I Too far / Distance related	<input type="checkbox"/> _K Other
<input type="checkbox"/> _E Have trouble getting around without someone to help		

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
b. Shopping	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
c. Personal errands	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
d. Recreational or social trips	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

☐ ₁ Yes

☐ ₀ No

7. How do you plan on paying for your long-term care in the future?

☐ ₁ Medicare

☐ ₃ Long-term care insurance policy

☐ ₂ Medicaid

☐ ₄ Other please specify _____

8. How often do you use the following services or attend the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
b. Degree and non-degree courses	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
c. Exercise & Fitness / Workouts / Activities	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
d. Family activities	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
e. Library / Internet	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
f. Medical and pharmacy visits	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
g. Parks	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
h. Religion / worship	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
i. Senior centers	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
j. Shopping	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
k. Sporting events	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
l. Volunteer work	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
m. Working for pay	<input type="radio"/> ₄	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

	Frequently	Sometimes	Never
a. Newspaper	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
b. Radio	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
c. Television	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
d. Library	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
e. Internet	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
f. Word of mouth	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁
g. Senior publications	<input type="radio"/> ₃	<input type="radio"/> ₂	<input type="radio"/> ₁

10. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

	Without any help	With some help	Cannot do this at all
a. Prepare your meals	3	2	1
b. Shop for personal items	3	2	1
c. Manage your medications	3	2	1
d. Manage your money	3	2	1
e. Use a telephone	3	2	1
f. Do light housework like dusting or vacuuming	3	2	1
g. Do heavy housework like moving furniture or washing windows	3	2	1
h. Do interior or exterior repairs	3	2	1
i. Do yard work and snow shoveling	3	2	1
j. Walk	3	2	1
k. Eat	3	2	1
l. Dress yourself	3	2	1
m. Bathe	3	2	1
n. Use the toilet	3	2	1
o. Get in and out of bed	3	2	1
p. Respond to emergencies	3	2	1

11. How much practical support do you receive these days from the following sources? Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

	A lot of support	Some support	A little support	No support
a. Your family	4	3	2	1
b. Your friends	4	3	2	1
c. Your neighbors	4	3	2	1
d. A church or spiritual group	4	3	2	1
e. A club or social group	4	3	2	1
f. A non-profit community agency	4	3	2	1

12. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

	Major problem	Minor problem	No problem	Anticipate having a problem in the future
a. Your physical health	4	3	2	1
b. Having housing suited to your needs	4	3	2	1
c. Getting the health care you need	4	3	2	1
d. Having inadequate transportation	4	3	2	1
e. Feeling lonely, sad or isolated	4	3	2	1
f. Having enough food to eat	4	3	2	1
g. Affording the medications you need	4	3	2	1
h. Having financial problems	4	3	2	1
i. Feeling depressed	4	3	2	1
j. Being physically or emotionally abused	4	3	2	1
k. Being financially exploited	4	3	2	1
l. Being a victim of crime	4	3	2	1
m. Dealing with legal issues	4	3	2	1
n. Performing everyday activities such as walking, bathing, or getting in and out of a chair	4	3	2	1
o. Having too few activities or feeling bored	4	3	2	1

13. Have you recently needed any of the following, but could not afford them?

	Yes	No
a. Eyeglasses	1	0
b. Hearing aids	1	0
c. Walkers/Wheelchairs/Canes	1	0
d. Dentures	1	0
e. Prescription medications	1	0
f. Rent/Mortgage	1	0
g. Utilities	1	0
h. Taxes	1	0
i. Insurance	1	0
j. Food	1	0
k. Gasoline	1	0

14. If **you** needed assistance, is there someone you could call for help? (*Select one*)

☐ No

☐ Yes, a family member

☐ Yes, a friend or neighbor

☐ Yes, other

If yes, how far away does this person live?

☐ 0-9 miles

☐ 26-50 miles

☐ 76-100 miles

☐ 10-25 miles

☐ 51-75 miles

☐ Greater than 100 miles

15. Do you **provide** care for one or more family members or friends on a regular basis?

☐ Yes

☐ No (*Please skip to question 24*)

16. For how many family members or friends do you provide care? _____

17. For whom do you provide care and about how many **hours** per week do you spend providing care for this person or these persons?

Average number of
hours per week

Average number
of hours per week

a. Spouse

e. Grandchild

b. Parent

f. Partner

c. Friend/Neighbor

g. Other family member

d. Adult Child

h. Other

18. Are other family members or friends involved in the care of this person(s)?

☐ Yes

☐ No

If Yes, how are they working together to provide care for this person(s)?

19. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation: (*Check only one.*)

☐ I receive no help

☐ I receive about what I need in terms of help

☐ I receive somewhat less help than I need

☐ I receive far less help than I need

☐ I don't need any help

20. How much do you spend every month of your money to provide care for this person(s)?

\$ _____

21. How often in the past **two months** have you felt stressed by your caregiving?

☐ Frequently

☐ Never

☐ Sometimes

☐ Don't know

22. Are you aware of service provided in your community that could help you provide care?
☐_1 Yes ☐_0 No

If yes, what is offered in your community?

23. What kinds of help could you use more of in your caregiving? (*check all that apply*)

- ☐_A Financial support
☐_B Organized support groups
☐_C Formal advice or emotional support (from a therapist, counselor, psychologist, or doctor) on issues such as caring for grandchildren and other caregiving issues
☐_D Services such as adult day services, supervision, benefits, transportation
☐_E Communication tips for people with reduced mental function (i.e. dementia, Alzheimer's)
☐_F Physical care information (lifting, diapering, transporting, cleaning) for an ill person
☐_G Respite (services that allow me to have free time for myself)
☐_H Legal assistance
☐_I Equipment (such as assistive devices, ramps, rails, etc.)

24. How many years have you been a resident of your community?

- ☐_1 0-5 ☐_3 11-15 ☐_5 20 or more
☐_2 6-10 ☐_4 16-20

25. What is your age? _____

26. Overall, how do you rate your quality of life?

- ☐_1 Very good ☐_2 Good ☐_3 Neither good nor bad ☐_4 Bad ☐_5 Very bad

27. Which of the following kinds of health insurance do you have? (*check all that apply*)

- ☐_A Medicaid ☐_C Private insurance
☐_B Medicare ☐_D Other insurance _____

28. What is your gender?

- ☐_0 Male ☐_1 Female

29. Do you consider yourself to be Hispanic or Latino?

- ☐_1 Yes ☐_0 No

30. Which one or more of the following would you say is your race?

- ☐_1 White ☐_4 American Indian, Alaskan Native
☐_2 Black or African American ☐_5 Other (Specify) _____
☐_3 Native Hawaiian/Other Pacific Islander

31. Do you currently rent or own your home?

- ☐_1 Rent ☐_2 Own ☐_3 Other _____

32. Which of the following best describes where you live?

- | | |
|---|---|
| <input type="radio"/> ₁ Single family home | <input type="radio"/> ₅ Nursing home |
| <input type="radio"/> ₂ Townhouse, condo, duplex, or apartment | <input type="radio"/> ₆ Subsidized housing |
| <input type="radio"/> ₃ Mobile home | <input type="radio"/> ₇ Other _____ |
| <input type="radio"/> ₄ Assisted living residence | |

33. How many people, including yourself, live in your household?

- | | |
|---|---|
| <input type="radio"/> ₁ 1 person | <input type="radio"/> ₄ 4 people |
| <input type="radio"/> ₂ 2 people | <input type="radio"/> ₅ 5 or more people |
| <input type="radio"/> ₃ 3 people | |

34. Who lives with you? (check all that apply)

- | | |
|--|--|
| <input type="radio"/> _A Spouse (wife/husband) | <input type="radio"/> _E Other relative(s) |
| <input type="radio"/> _B Significant other | <input type="radio"/> _F Unrelated adults/friends |
| <input type="radio"/> _C At least one child | <input type="radio"/> _G Grandchildren/great-grandchildren |
| <input type="radio"/> _D Child(ren) and his/her/their family | <input type="radio"/> _H Other _____ |

35. What is your household income?

- | | |
|---|---|
| <input type="radio"/> ₁ Less than \$10,000 | <input type="radio"/> ₅ \$40,000 to under \$50,000 |
| <input type="radio"/> ₂ \$10,000 to under \$20,000 | <input type="radio"/> ₆ \$50,000 to under \$60,000 |
| <input type="radio"/> ₃ \$20,000 to under \$30,000 | <input type="radio"/> ₇ \$60,000 to under \$75,000 |
| <input type="radio"/> ₄ \$30,000 to under \$40,000 | <input type="radio"/> ₈ \$75,000 or more |

36. What is your marital status?

- | | |
|---|--|
| <input type="radio"/> ₁ Married | <input type="radio"/> ₄ Single |
| <input type="radio"/> ₂ Widowed | <input type="radio"/> ₅ Partnered |
| <input type="radio"/> ₃ Divorced | <input type="radio"/> ₆ Other _____ |

37. How much formal education have you completed?

- | | |
|---|--|
| <input type="radio"/> ₁ 0-11 years, no diploma | <input type="radio"/> ₄ Associate's degree |
| <input type="radio"/> ₂ High school graduate / GED | <input type="radio"/> ₅ Bachelor's degree |
| <input type="radio"/> ₃ Some college or technical training | <input type="radio"/> ₆ Graduate or professional degree |

38. What is your employment status?

- | | |
|---|--|
| <input type="radio"/> ₁ Retired | <input type="radio"/> ₅ Homemaker |
| <input type="radio"/> ₂ Working full-time | <input type="radio"/> ₆ Disabled |
| <input type="radio"/> ₃ Working part-time | <input type="radio"/> ₇ Other _____ |
| <input type="radio"/> ₄ Unemployed, looking for work | |

39. If you anticipate looking for employment, would you need re-training?

- | | |
|--|---------------------------------------|
| <input type="radio"/> ₁ Yes | <input type="radio"/> ₀ No |
|--|---------------------------------------|

40. Are there any other issues you are concerned about?

☐ No

☐ Yes (specify)_____